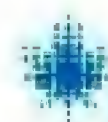


## CLAIM A TAX DEDUCTION FOR CERTAIN MOVING EXPENSES.

If you moved in 2015 for employment, self-employment, or to attend a university or other post-secondary educational institution, you may claim a tax deduction for certain moving expenses.

For more information, or to see more useful tax tips, please visit: [cpaalberta.ca/taxtips](http://cpaalberta.ca/taxtips)



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Information for RSP and Tax Tips is provided as a public service by CPA Alberta in collaboration with CPA British Columbia. The tips are intended to be used as general guidance. For specific advice about filing a 2015 tax return, please consult with Canada Revenue Agency or a Chartered Professional Accountant (CPA).

# Calgary metro



**Are  
emojis  
sexist?**



**metroLIFE**

Your essential daily news | TUESDAY, MARCH 8, 2016

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Twins Jordan and Evan Caldwell, inset, died after crashing their sleds into a gate at Canada Olympic Park. THE CANADIAN PRESS FILE

CONTRIBUTED

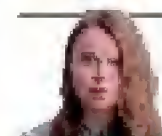
## NO CHARGES

Investigation into bobsleigh track crash that killed two teens ends **metroNEWS**

## Racist letters highlight gap in city policy

**PUBLIC DISCOURSE**

**Council void of process to address bigoted feedback**



**Helen Pike**  
Metro | Calgary

If you submit a racist letter to Calgary city council, expect a knock from Mayor Naheed Nenshi at your door — and he might just call you an idiot.

The City of Calgary doesn't have a policy for how to handle bigoted public feedback, including hate speech. This allowed two questionable letters to creep into the public discourse on Monday after several residents voiced opposition to two secondary suite amendments in the community of Southwood.

"There were a couple of letters submitted that were frankly disgusting,"

Nenshi said. "Please don't take offense to the fact that you've got a couple of idiots living in your neighbourhood."

The letters asked the applicants to "butt out, right out of the country." One letter went so far as to suggest if they wanted to "live in a community of savages" they would move to a third-world country.

Coun. Brian Pincott asked council to strike them from corporate records.

Some councillors, including Ward Sutherland and Diane Colley-Urquhart, said that although the letters were disturbing, they were afraid of infringing on freedom-of-speech rights.

"Is it appropriate? Of course not. However, I don't feel comfortable being a judge," said Sutherland. "That's going to be a slippery slope."

The letters weren't stricken from the record. But Colley-Urquhart asked to take the issue to the Governance Task Force and find a better way to deal with controversial letters.

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## IN BRIEF

### Woman dies in crash

A woman, believed to be in her 20s, is dead after losing control of her SUV north of Okotoks on Monday morning, according to Emergency Medical Services.

Just before 8 a.m., EMS from Okotoks responded to 80 Street and Dunbow Road for reports of a motor vehicle collision.

Paramedics determined the SUV had potentially rolled, causing the driver, who was the sole occupant, to be ejected from the vehicle.

There were no witnesses to the crash, according to officials, but a caller reported hearing the collision from their home.

Paramedics noted substantial damage to the SUV and debris around the crash site.

The driver died at the scene. METRO

### Charges laid in January homicide in Cranston

Calgary police have arrested a man in connection with the suspicious death of Cindy Enger.

Joseph D'Arcy Schluter, 45, of Carstairs is charged with one count of first-degree murder in connection with this case. He's scheduled to appear in court Monday.

Police said Schluter knew Enger well, adding motive and cause of death will not be released as both form part of the evidence that will be presented in court. METRO

# Chitter ads pulled

## MACEWAN UNIVERSITY

### Students react to flyer seen to make light of sexual assault



**Helen Pike**  
Metro | Calgary

Rape isn't funny.

And after a flyer for a popular University of Alberta app circulated in the halls of MacEwan University Friday, student officials stood up to say: That's not OK here.

The ad, an image of a cellphone, read: This is MacEwan University in an app. It had depictions of Chitter commenters making light of sexual assault and rape.

According to Twitter statements, the company has apologized to students and pulled their campaign.

The popular app launched by recent grads is an anonymous way for people to communicate with their campuses. The message board style application requires users to have a university email to participate and comments on anonymous posts are made public.

"It's been a popular app for students," said Students' Association MacEwan University, VP external Danika McConnell.

"It had never erupted into something negative, at least from

what I had seen."

It wasn't the app itself that made her jaw drop — it was the marketing campaign strewn across tables, chairs and in the hands of students as they flooded into the SAMacEwan office with the flyers she described as "shocking."

"They highlighted some sort of humour they may have found within a sexual violence context. In my mind I just can't wrap my head around that — and neither can our students, our faculty or staff," said McConnell.

Quickly, messages of disappointment flooded social media and the people at Chitter created a Twitter account to respond.

"We now take our marketing very seriously and scrutinize anything we publish to make sure it cannot be taken the wrong way," read an email from Kyle Kaiser, a co-owner.

"The flyers were not representative of MacEwan, Chitter, or the Chitter community."

Romy Garrido, chair of Council of Alberta University Students (CAUS), said it's concerning these messages would be used to appeal to students.

"Sexual violence and sexual assault is a hot topic right now on campuses across Canada and the U.S." said Garrido. "We're concerned as student leaders because it adds to the idea of rape culture, it adds to the normalization of sexual assault and sexual violence."

**We're concerned as student leaders because it adds to the idea of rape culture.**

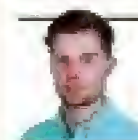
Romy Garrido



A screen shot depicts the upsetting nature of Chitter's advertising. CONTRIBUTED

## HEALTH SERVICES

### CT scans drop as wait times increase



**Jeremy Simes**  
For Metro | Calgary

The province has seen a dip in the number of outpatient CT scans performed, underscoring Dr. Paul Parks' claims the reduction has caused wait times to spike.

On Sunday, Parks — an ER doctor from Medicine Hat — claimed Alberta's health centres have been told to reduce the number of outpatient scans for budgetary pressures, causing people to flood ER rooms for the service. For the 2015-16 fiscal year, Alberta Health Services (AHS) performed 196,411 outpatient CT scans, a dip of 4,289 from 200,700 outpatient scans in 2014/15. CT scans are used to diagnose cancer and kidney stones.

"It's frustrating — It's less costly to do scans as outpatients than in emergency," he said. "There's no question that they reduced outpatient CT scan numbers."

In early 2015, most non-urgent patients waited up to 10 weeks for CT scans, but in December that number reached 15 weeks. The Canadian Association of Radiologists says patients should wait eight weeks. AHS has disputed Parks' claims, noting the overall number of CT scans are up.

It said there has been an increased demand for emergency CT scans across Alberta, adding an increase in the number of patients requiring emergency scans could reduce the number of outpatient scans performed.



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## BROKEN CITY

# No patio speakers for popular bar: City



**Jeremy Simes**  
For Metro | Calgary

The city isn't budging on its decision — Broken City must apply for a new permit or get special events licences.

In mid-February, the bar was slapped with a warning notice that decreed Broken City shall not have speakers on its patio. If it gets caught, it could be fined.

Patrons and musicians were

outraged — the bar is home to one of the city's best patios, they said.

But permit rules are rules after all, according to Joshua Howes, change management specialist with planning and development at the city. The bar's patio is zoned as an outdoor cafe, meaning it's operating outside its development approval by having speakers on the patio.

Broken City co-owner Andrew Brassard said he is exploring

whether he should apply for a new permit or get special events licences, but still hopes to consult with the community and the city to see if an agreement can be made.

In 2015, the Beltline area saw 30 noise complaints and, in 2016, it's only seen one complaint — directed at Broken City.

It goes to show one person can ruin the fun for everyone, according to Chad Salyh, Last Best Brewing & Distilling, which was co-hosting the Big Winter

Classic festival with Broken City.

Like Last Best, numerous establishments in the city's most vibrant neighbourhoods have speakers on their patios.

Tanya Chandler, assistant manager for Oak Tree Tavern, said she keeps the patio speakers up until 11 p.m., adding the restaurant has a decent relationship with neighbours.

The 17th Avenue hotspots National and Cilantro also have speakers, noting they've never had complaints they're aware of.

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**David Shepherd** thinks housing that does not allow children is discriminatory and wants to see provincial laws changed to prohibit it. METRO FILE

## Call to end age-linked housing

## REAL ESTATE

### Advocate says adult-only buildings serve a purpose

**Ryan Tumilty**  
**Brodie Thomas**  
Metro | Edmonton

Edmonton-Centre MLA David Shepherd wants to close the door on adult-only apartment buildings to make it easier for families to find housing.

Shepherd said he has heard from several constituents since coming to office last year that were struggling to find a place to live because buildings wouldn't allow children.

"I did hear some stories from people who were living in apartments in the down-

town (Edmonton) core and when they became pregnant were forced to leave," he said.

He said Alberta is the only jurisdiction in Canada that allows adult-only buildings.

Shepherd said he initially considered addressing the issue with a private member's bill, but said it will take more time

to figure out because the Human Rights Act is complicated legislation.

However, Gerry Baxter, executive director of the Calgary Residential Rental Association, said Shepherd doesn't have the statistics or numbers to show that adult-only buildings are even a problem.

"We don't want to see a piece of legislation that would help a small few, and would also have a negative effect and prevent others from enjoying the rights they currently enjoy," he said.

Baxter said there are many reasons why people choose adult-only buildings, such as shift workers and students who are looking for quiet lodgings.

He said in Calgary, the majority of buildings do allow families with children. And those that don't are usually located in places such as the Core and Beltline which lack parks and green spaces for children.

He doesn't think Alberta should blindly follow suit with other provinces on amending legislation.

"Just because someone else does it doesn't mean we have to follow suit. Alberta has always been a free market province," he said.



**Alberta has always been a free market province.**

Gerry Baxter



# Tragic case closed

CANADA OLYMPIC PARK

## No charges laid in bobsleigh crash that killed teens

No charges will be laid in a tragic bobsleigh crash at Canada Olympic Park that claimed the lives of two Calgary teens, the Calgary police said Monday.

As previously reported, teens Evan and Jordan Caldwell were killed when they took a plastic sled down the bobsleigh track and crashed into a gate.

Investigators confirmed that on Feb. 6, just after 1 a.m., eight teens age 16 to 19 climbed over a seven-foot locked fence at Canada Olympic Park, while carrying three plastic sleds.

Officials said the teens went down the track in three groups.

The first group included three people on the sled, including Evan Caldwell, who was sitting on the rear of the sled.

Investigators said at turn No. 5, where the bobsleigh and luge tracks merge, a large barrier/gate was configured to open the luge



Teens Evan and Jordan Caldwell, shown here with their family, were killed Feb. 6 when their sleds crashed into a gate at Canada Olympic Park. CONTRIBUTED

track – and block the bobsleigh track. It's about two feet in height and 60 feet in length, with a thick metal chain and bar holding the structure in place. The first group collided with the gate.

The second group and the third group, which included Jordan Caldwell at the front of the sled, followed, both hitting the gate.

One of the teens used a cell-phone to call 911 for help. Both Evan and Jordan Caldwell died.

During the boys' funeral in early February, their father Jason Caldwell said they were smart, accomplished and always willing to help a friend.

"(Their mother) Shauna and I never, ever had to have that talk with the boys about excellence.

Excellence was in their hearts. There was never an I-have-to attitude. They always had an I-get-to attitude to everything they did."

After an investigation including interviews with all the parties involved, and due to the specific circumstances of the incident, police said charges will not be laid.

METRO STAFF

### CARBON TAX

## Province to enact climate change law

Albertans are to learn details in the upcoming legislature session about how much the province's new carbon tax is going to cost them.

House leader Brian Mason says the government plans to introduce legislation to support its climate change strategy.

Mason says the bill will spell out levies, rebates and will create a new energy efficiency agency.

The carbon tax is to take effect next Jan. 1 and is expected to bring in \$3 billion a year when fully implemented.

The goal is to get people to reduce their carbon use through taxes on everything from gas at the pumps to home heating and electricity.

The government plans to rebate some of that money to middle- and lower-income earners and to small businesses. THE CANADIAN PRESS

### RETAIL

#### Two big malls see sales increase in December

Despite trying times, sales are up at both Chinook Centre and Market Mall. In a recent survey, Retail Insider found the malls among Canada's top 25 most productive shopping centres, based on annual sales per square foot.

As of December 2015, Chinook Centre saw \$1,119 sales per square foot, up \$36 from \$1,083 sales per square foot in 2014.

Market Mall saw a slight uptick, too. As of December 2015, it garnered \$961 sales per square foot, up \$19 from \$942 sales per square foot in 2014.

In 2015, both Chinook and Market placed sixth and 12th on Retail Insider's list, respectively.

The most lucrative malls were found in Toronto and Vancouver. Edmonton's Southgate Centre placed 5th with \$1,215 sales per square foot in 2015. METRO

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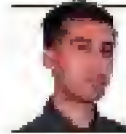




# Men's attitude to abuse changing: Survey

## VIOLENCE AGAINST WOMEN

### Awareness campaigns credited for positive trend



**Aaron Chatha**  
Metro | Calgary

Men's attitudes about violence

against women are shifting in a positive direction, according to a joint survey by the Alberta Council of Women's Shelters and the YWCA.

Elsbeth Mehrer said 65 per cent of men are likely to recognize that violence against women and girls impacts women they care about in their lives — up from 54 per cent in 2012.

One in five men have witnessed abusive behaviour

against a woman in the past year, and two-thirds of those men have checked to see if the woman was OK or needed help.

Mehrer feels that results have improved because of widespread awareness campaigns and an increase in conversations about the issues in men's social circles.

"We know that abuse is a crime that thrives in darkness, so the more we talk about it



There's lots of misconceptions about domestic violence and I think it often gets oversimplified as: If he hits you, just leave.

Elsbeth Mehrer

and the more we call it out when we see it, that's what will break down these attitudes and the experience of violence," said Mehrer.

However, the survey also

found 61 per cent of Alberta men found it hard to understand why women stay in an abusive relationship.

"This is one of those complicated things," explained

Mehrer. "There's lots of misconceptions about domestic violence and I think it often gets oversimplified as: If he hits you, just leave."

Mehrer said women are conflicted, as this could be a man they once or still love, or he could be the father of her children or the main breadwinner of the house. Questions about where they will live and where to take their kids become considerable barriers.

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Former professional wrestler Bret Hart, right, and surgeon Dr. Eric Hyndman discuss the importance of PSA testing for men, at a news conference in Calgary on Monday. THE CANADIAN PRESS

## Wrestler reflects on cancer surgery

Canadian professional wrestler Bret Hart may have won the biggest bout of his life.

The grappler known as "The Hitman" spoke Monday about surgery he received for prostate cancer on Feb. 10 and said he's feeling pretty good.

"I like to think, at least for right now, I'm cancer-free. I've still got all of the followups and I've got to be checked regularly for the next couple of years," he said at a news conference at the Calgary Prostate Cancer Centre.

"You never know if the cancer is going to come back, but for the most part I'm through the hard part."

The 58-year-old disclosed his cancer diagnosis on social media last month, but had known it was coming since

last year.

"I kept it to myself for a long time, about six months. I debated on saying anything to anybody," said Hart, who sat next to his urologist, Dr. Eric Hyndman.

"It was really scary for me, and the more I talked to people who had prostate cancer, it scared me more," he added.

Hart underwent a robotic prostatectomy.

"That's surgical removal of the prostate," explained Hyndman. "I'm happy to report his margins were negative. That means all the cancer should be out ... and we'll see how he does down the road."

"He's got an excellent chance of being cured at this time."

THE CANADIAN PRESS



### MCCANN CASE

#### Trial to begin for man accused of killing couple

It's been nearly six years since Lyle and Marie McCann, 78 and 77 respectively, were last seen fuelling up their motorhome in their hometown of St. Albert, north of Edmonton.

They were heading out for a holiday in British Columbia and Mounties believe the seniors were

murdered along the way, although their bodies have never been found.

A first-degree murder trial is to begin Tuesday for longtime suspect Travis Vader. He was described as a person of interest soon after the McCanns disappeared and eventually charged. But the charges were stayed before being reactivated in late 2014.

THE CANADIAN PRESS



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# U.S. pours it on for PM

## DIPLOMACY

### Trudeau's state dinner planned for months in tailored detail

One dinner. Months of planning. On Thursday, Prime Minister Justin Trudeau will join the ranks of other leaders, from Queen Elizabeth II, to Indira Gandhi, to Mikhail Gorbachev, who have been feted at a White House state dinner.

"A lot of planning has to go into these events, which is why they are comparatively rare," a historian with the White House Historical Association told the Star.

The invites are done in careful calligraphy. The centrepiece floral arrangements are overseen by the White House floral designer. The china settings selected — there are seven to choose from for a full state dinner.

The meal, planned by White House executive chef Cristeta Comerford and executive pastry chef Susan Morrison, will run four or five courses and feature



Canadian Prime Minister Justin Trudeau and his wife Sophie Grégoire arrive at the Commonwealth Heads of Government Meeting in November 2015 in Malta. Washington is preparing to roll out the red carpet for the prime minister for a state dinner at the White House. GETTY IMAGES

a personal touch to acknowledge the visiting leader.

Washington is preparing to roll out the red carpet for Trudeau and wife Sophie Grégoire-Trudeau to fete a Canadian leader in a way that hasn't been done for almost two decades.

Thursday's state dinner at

the White House — a chic and relatively rare event — promises to grab the spotlight when Trudeau visits with U.S. President Barack Obama.

But it's the symbolism of the state dinner and the substance of Trudeau's Oval Office meeting with Obama scheduled for

earlier that day that together signal the president's interest in making the visit a success, observers say.

"It's really clear ... the president has invested in this visit," said Paul Frazer, a former Canadian ambassador who now works as a consultant in Washington.

**“It's really clear the president has invested in this visit.”**

Paul Frazer

"He wants this to be a success for the prime minister and for Canada-U.S. relations," he said.

In a town well-accustomed to the trappings of power and influence, these dinners still stand out. "They are not held very often so they are standout events from the usual receptions and other events that can take place at the White House," the association historian said.

The Canadian delegation gets 20 tickets. That delegation will include Foreign Affairs Minister Stéphane Dion; International Trade Minister Chrystia Freeland; Defence Minister Harjit Sajjan; Environment Minister Catherine McKenna and Hunter Tootoo, minister of fisheries, oceans and the Coast Guard.

Jean Chrétien was the last prime minister to enjoy a state dinner in 1997, then hosted by U.S. President Bill Clinton.

THE CANADIAN PRESS

## 60 MINUTES

### Actress mistaken for PM's mother

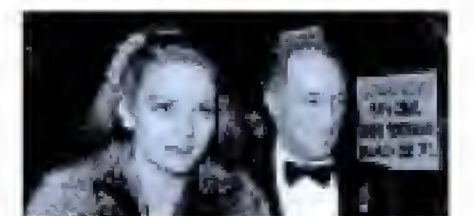
Call it a 60 Minutes oops moment.

The venerable CBS newsmagazine aired a profile on Prime Minister Justin Trudeau on Sunday, and for the most part, it cast Canada's new leader in a glowing light ahead of his visit to the White House. But there was one noticeable gaffe in the piece.

Attentive Canadians took to Twitter and pointed out that as the CBS reporter was talking about the prime minister's parents — Pierre and Margaret Trudeau — the show displayed an old photograph of Pierre Elliott on a date with actress Kim Cattrall in 1981.

A 60 Minutes spokesman said the program regretted the error.

THE CANADIAN PRESS



Kim Cattrall and former PM Pierre Trudeau in 1981.

TORSTAR NEWS SERVICE FILE



Prime Minister Justin Trudeau holds two giant panda cubs on Monday.

COURTESY JUSTIN TRUDEAU/TWITTER

## TORONTO ZOO

# Pandas are little bundles of Hope and Joy

A pair of panda cubs born in the Toronto Zoo were hailed as a symbol of international co-operation as they officially received names that pay tribute to the country of their birth.

In a ceremony packed with dignitaries including China's

ambassador, the zoo announced the male cub is named Jia Pan-pan, meaning Canadian Hope, while the female cub is named Jia Yueyue, meaning Canadian Joy.

The names were written on pink and blue signs and unveiled to great fanfare.

Prime Minister Justin Trudeau and Ontario Premier Kathleen Wynne were among those getting the first glimpse of the cubs.

Both posed for photos with the cubs — an opportunity Trudeau joked his children would envy.

The cubs were brought to their

outdoor exhibit after their names were revealed — their first time on display since their birth.

Trudeau said the pandas represent the growing bond between their host country and China, where they will eventually be returned, noting he had received

a message of congratulations from his Chinese counterpart.

"The panda is a symbol of peace and friendship, which is fitting considering Canada's ever-growing relationship with China," Trudeau said.

THE CANADIAN PRESS



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\*Canadian residents who have reached the age of majority in their province or territory can enter the contest at [www.hyundaisupersearch.com](http://www.hyundaisupersearch.com) between February 13th, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00pm (ET) on April 7, 2016. No purchase required. Complete rules available at [www.hyundaisupersearch.com](http://www.hyundaisupersearch.com). ™/©The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.





Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, laugh after the Duchess threw a snowball at Prince William during a private break skiing in the French Alps.



Catherine, Duchess of Cambridge, and Prince William with their children Princess Charlotte and Prince George.



Prince William, Duke of Cambridge with his daughter Princess Charlotte.

ALL PHOTOS JOHN STILLWELL/AFP/GETTY IMAGES

## SKI HOLIDAY

## March break for the Royals

Kensington Palace has released photos of Prince William, the Duchess of Cambridge and their children George and Charlotte on a ski holiday in the French Alps.

The six images published Monday show William, Kate, 2 1/2-year-old George and 10-month-old Charlotte on the snowy slopes last week.

The palace says it was "their first holiday as a family of four and the first time either of the children had played in the snow."

Two photos show the royal couple having a playful snowball fight.

The release of the pictures follows a media policy established when William and his

brother Prince Harry were children: privacy in exchange for agreed-upon photo opportunities at birthdays and during school holidays.

That allowed the princes to have — by royal standards — a relatively normal upbringing, something Kate and William are keen to give their own children. THE ASSOCIATED PRESS

# Voices from prison

## HUMAN RIGHTS

## Women draw focus as political prisoners

On International Women's Day, female voices are being heard as never before, speaking up for equality, peace and human rights — even as political prisoners. Here are high-profile women behind bars in 2016.

### NADIYA SAVCHENKO: Ukraine

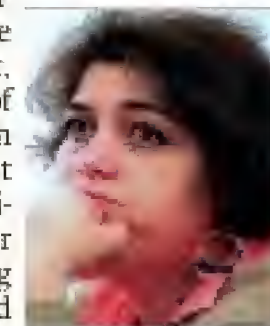
Captured in June 2014 fighting as a volunteer against Russian-backed rebels in eastern Ukraine, Savchenko, 34, was taken across the border and charged with co-ordinating a mortar attack that killed two Russian journalists. Russian authorities say she sneaked into Russia illegally. Prosecutors are calling for a 23-



year jail term. Thousands have rallied for her release in Kyiv, where she's considered a national hero. If there is a guilty verdict, the pilot wrote, she will go on hunger strike.

### KHADIJA ISMAYILOVA: Azerbaijan

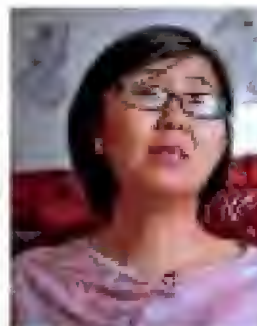
Ismayilova, 39, an award-winning investigative journalist, ran afoul of Azerbaijan President Ilham Aliyev after accusing him and his family of corruption. She was arrested in 2014 during a crackdown on independent media and activists and sentenced to more than seven years for "economic crimes." Celebrity human rights lawyer Amal Clooney has signed on to her defence.



### WANG YU: China

In 2008, Yu, a human rights lawyer, was denied entry to a train after buying a ticket. After demanding to board she was beaten, and then herself charged

with assault. Fired up by the injustice, she took on cases of clients that other lawyers feared, including five female activists arrested for protesting sexual harassment. Yu, 44, was seized by security forces in July 2015, and charged with subversion six months later.



### MARY ANNE GRADY FLORES: U.S.

Flores was arrested in February 2013 after photographing a protest at the Hancock airbase in Syracuse, N.Y., and convicted of violating a protection order issued to keep protesters away from the base. Released on bail, she was ordered back to jail in January with a reduced six-month sentence.



TORSTAR NEWS SERVICE

## HUMANITARIAN AID

## Doctors set up camp in France

Doctors Without Borders has opened a humanitarian camp for migrants in France.

More than 1,000 people fleeing the Middle East and Africa have been living in squalid shelters in a muddy field near the English Channel shore, hoping to sneak across to Britain.

About 150 people abandoned the camp in Grande-Synthe, near Dunkirk, to move Monday to wooden sheds with access to toilets and electricity built nearby by Doctors Without Borders, spokesman Samuel Hanryon said. The aid group, known by its French acronym MSF, hopes hun-

dreds more will join them in the coming days. It's MSF's first such camp in France — a sign of how bad things have become for the migrants in Grande-Synthe. The 2.5 million-euro site at Grande-Synthe comprises sheds and access to showers, kitchens and electricity. THE ASSOCIATED PRESS

# RICK MERCER REPORT

#rickmercerreport

**ALL NEW**

Rick visits the Toronto Zoo to bond with polar bear cub Juno - the cutest, deadliest carnivore in Canada.

**TONIGHT 8**



# Avoid friends to save: Study

## SHOPPING

### Frugal people found to spend more when out with others

Your friends might be your worst enemy if you're hoping to save money, a new study shows.

Frugal shoppers, when they were with higher-spending friends, spent more money than they would on their own, the study, conducted by Dr. Seung Hwan (Mark) Lee at Ryerson University, found.

It's a reversal of the usual image of frugal shoppers as staunchly independent purchasers who are immune to social pressure, said Lee, an associate professor at the university's Ted Rogers School of Retail Management.

"A lot of the frugality literature talks about how they are resistant to it, but ... it's not necessarily the case," Lee said.

The inspiration for the study came from Lee's personal experience. Though he considers himself very frugal, Lee noticed



Thrifty shoppers might not notice they're spending more than usual if they're comparing their spending to that of their friends, says Dr. Seung Hwan (Mark) Lee at Ryerson University. iStock

he would spend more money than he liked when he went out with certain friends.

In his study, Lee had participants order from restaurant menus, telling them a company was trying to understand dining habits. They were asked

to choose an ideal meal they would have with friends.

If those friends were also frugal, the frugal participants spent \$10 on average. But if the friends were big spenders, frugal participants spent \$15 on average. Non-frugal partici-

pants spent around the same no matter what their friends spent.

It's possible that frugal shoppers might not notice they're spending more than usual, Lee said, if they're comparing their spending to that of

their friends.

"It might not be that we're spending just as much as all of them. All my friends could be spending \$25 on a meal. I could be spending \$15, but that's still more than I would have spent in my normal daily life," Lee said.

Lee doesn't know how much the restaurant setting influences spending decisions. He said it's possible there's a heightened sense of social pressure when eating that might not exist in retail, especially when splitting a bill.

"When you're shopping, you don't really buy for other people. You're not sharing your electronics that you're about to buy," he said.

But there are certain techniques retail stores can use that emulate that group-spending feeling, like coupons that require multiple people to buy in at once.

"If you're just a customer when you're buying for yourself, you have that control. But if you encourage group buying, you have a mix of influence ... that may rub off on frugal customers," he said.

TORSTAR NEWS SERVICE

## + RETAIL TRICKS

Some ways retailers try to get you to spend more.

**Removing the dollar sign from menus:** A Cornell university study found people pay more when they only see a number and no dollar sign.

**Decoy pricing:** Creating a decoy option makes people choose a more expensive one. Given two options to subscribe to a magazine — web for \$59, or print and web for \$125 — most people chose the cheaper one. But add just print for \$125 and most chose the print and web option because it seemed like the best deal.

**Reduce the font size:** Items with price tags in smaller font sizes were more likely to be bought than prices in big fonts.

**Anchoring:** How to sell a \$700 handbag? Put a \$2,000 handbag next to it. People will latch on to any number presented to them as an anchor from which they make their decision.

## ENERGY EAST PIPELINE PROJECT

### Hearings disrupted

Protesters disrupted hearings into the Energy East Pipeline project seconds

after they started Monday in front of members of Quebec's environmental agency. THE CANADIAN PRESS



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## INVESTING

### Women identify as savers: Study

A new report by investment firm BlackRock suggests most women lack confidence when it comes to making decisions on investing.

"We are seeing more and more women categorize themselves as savers versus investors and they're sitting on the sidelines in cash," says Karrie Van Belle, managing director at BlackRock Canada.

"Over time, cash is likely not going to get you where you need to get to for your retirement."

The survey found that of those polled who have started saving, men have saved nearly double what women have.

"What we need to be helping women do is have a bit more confidence to take those first steps, ask those questions, get invested and understand the priority they need to put behind it," she said.

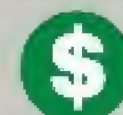
The poll found 44 per cent of women reported confidence in their financial decision-making, compared to 55 per cent of men. As women get older,

however, they gain confidence. By the time are in the 65-74 bracket, 67 per cent of women are confident in their investing decisions while 68 per cent of men are.

The survey found 78 per cent of women identified themselves as savers compared with 22 per cent who thought of themselves as investors. It also found that 63 per cent of women stated they are "not knowledgeable about investments."

THE CANADIAN PRESS

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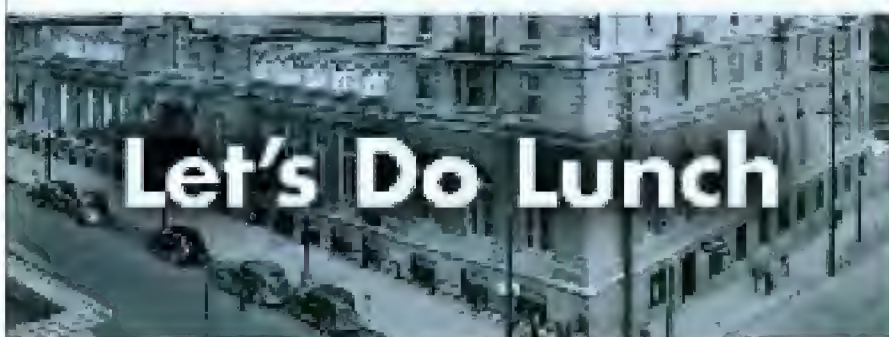


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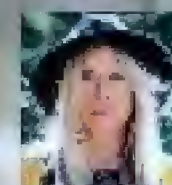
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## EMMA TEITEL: ON WIDENING THE WOMEN'S MOVEMENT

**A lot of people harbour feminist values; they just don't want to be associated with the word feminist or the culture around it. The reason may be patriarchy. But I suspect it is also orthodoxy from within.**



It's easy to be cynical about International Women's Day, an event rooted in radical socialism (one of the first Women's Day events was organized in 1909 by the Socialist Party of America), that is — in its current form — about as politically radical as a Santa Claus Parade.

After all, the celebration's modern proponents include Coca-Cola, Exxon Mobil, and of course Dove cosmetics — always there to remind you that “you are beautiful,” even when you haven't slept in two days and you have a zit on your chin the size of Gibraltar.

But if you can get past the insipid social-justice grandstanding by corporations and celebrities, International Women's Day is kind of like feminist Yom Kippur: a perfect occasion for reflection and repentance.

It is a day on which everyone has a certified excuse to ask herself: What's going well in the world for women and what still sucks? And most importantly: What can we do to make it better?

So let's expound on the good news first.

Whatever your feelings about eternally sunny Justin Trudeau and his wife's ill-timed a capella scatting, the federal government has done some very decent things for womankind of late.

For example, just yesterday International Development Minister Marie-Claude Bibeau announced that Canada will contribute \$81.6 million under the United Nations Population Fund in support of women's health services in developing countries — including existing abortion services.

We are also committed, evidently, to gender parity in cabinet, a new norm instituted last year by the prime minister, who joined the ranks of modern heroes Daniel Radcliffe (Harry Potter) and Patrick Stewart (Captain Picard) when he publicly declared

himself a feminist.

Despite the grumblings of jaded conservatives, this is no small thing. Just as it is hugely significant for black American kids to grow up with a black president in the White House, and gay Ontarians to grow up with a lesbian premier at Queen's Park, it is also hugely significant for Canadian girls — and boys for that matter — to grow up with a self-avowed feminist at 24 Sussex — or Rideau Cottage — or wherever Trudeau happens to be living at the moment. (Perhaps he is staying with his “other” mother, Kim Cattrall).



**NO FEAR OF THE F-WORD** Prince Harry, Prime Minister Justin Trudeau, actor Joseph Gordon-Levitt and comedian Aziz Ansari are among the modern men who heroically self-identify as feminists, Emma Teitel writes. GETTY IMAGES

But Trudeau's self-professed feminist designation is important most of all because the adverse realities for women — from crappy work-life balance in institutions built by and for men to an abysmal sexual assault report rate — will never turn around if engagement and identification with feminism remains dismally low.

Which brings me to the bad news: While feminism in Canada has an exceptionally loud voice — thanks in large part to social media — it has a depressingly narrow reach. A survey of 1,000 Canadian women aged 35-45 conducted by Chatelaine magazine late last year revealed that 68 per

cent of Canadian women do not call themselves feminists; similarly a global poll conducted by Ipsos in 2014 indicated that only 17 per cent of Canadian women identified as feminist.

This finding is especially bizarre because the study showed significant support for equal rights between the sexes on questions where the issue of feminist identity wasn't present. Which means: A lot of people harbour feminist values; they just don't want to be associated with the word feminist itself, or the culture around it.

to cyberbully me into submission.”

This is a person who asked to remain anonymous not because she fears ramifications from her employer, the police or some criminal entity, but from other feminists. That's a problem.

Is it a bigger problem than abortion access, childcare or sexual assault? Of course not. (And no, she doesn't realistically believe other feminists pose a threat to her physical safety).

But if we want to expand our ranks and thus the likelihood of our success, perhaps it's time we issued a moratorium on the knee-jerk condemnation of women whose ideas and language aren't ideologically pure — but whose hearts are in the right place. Perhaps then, our reach will be as wide as our voice is loud.

Happy International Women's Day.

### Male Feminists à la Justin Trudeau:

**Prince Harry:** The royal is involved with a number of women's causes, including CHIME for Change, a charity concert seeking to empower girls and women.

**Joseph Gordon-Levitt:** The actor is a proud feminist. In his own words: “What feminism means to me is that you don't let your gender define who you are.”

**Mark Ruffalo:** The Spotlight actor is a vocal advocate for women's reproductive rights.

**Barack Obama:** The president's 2014 State of the Union address was famously feminist. In his own words: “It's time to do away with workplace policies that belong in a Mad Men episode.”

**Aziz Ansari:** The comedian came out as a feminist on the David Letterman show last year.

**Emma Teitel** is a national columnist for the Toronto Star.

## ROSEMARY WESTWOOD

metroview



## Recently in sexism: Barristers, buses and busts edition

Welcome to another “What's new in latent and not-so-latent sexism,” your brief, necessarily incomplete (there's so much to choose from!), talking points for Twitter fights.

No really, you should care: It's International Women's Day!

1. “Woman gropes man's genitals over his clothing while he sleeps on public bus” read no headline, ever. But a woman in Halifax was sexually assaulted in just such a way late last month.

Positive spin: She's reported the assault to police and is talking to the media to make sure her assailant knows “who I am, and that I have a life, and that I'm not just some random person on a bus.”

Actually, she's a single mother of two and a full-time student, hence the dozing off.

“We need to start treating women with more respect because we are not objects,” she said.

2. Female criminal lawyers are leaving their field in droves, driven by factors ranging from child-care issues (and challenges returning to work post-maternity leave), financial struggles, and “differential treatment” by lawyers and crown attorneys, a.k.a., sexist treatment.

Some still get called “little lady,” a detail that, when I heard it on the radio, convinced me I was listening to historical tape from the

1990s. Au contraire, silly me! In their study, the Criminal Lawyers Association found a 72 per cent attrition rate among female lawyers, and suggest, among other things, a few more women on the bench would help (nationally, 63 per cent of judges are men).

3. New Statistics Canada numbers crunched for the Globe and Mail found women make 73.5 cents for every dollar a man makes in Canada.

That's not really a headline, so much as a stubborn reality. Differences in salaries for typically female vs. typically male jobs are blamed, but women are also more likely to work low-wage jobs, experience poverty and make less than men in their fields (not only do male professors outnumber women two-to-one, but a 2014 McMaster study found they make about \$2,300 more).

4. Finally: sexism in statues. Of the five most recent public-art statues erected in Toronto, only one is a woman. To be specific: solely her head. The late writer Gwendolyn MacEwen apparently didn't warrant the full-body treatment, unlike the man immortalized. Men are vastly overrepresented in city sculptures generally, and also far more likely to be clothed.

And that concludes this second instalment. Good luck to us all.

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STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

**DONTAE RICHARDS-KWOK, 26**  
**SPRINTER, 100 & 200 M**  
**6 feet, 175 lbs.**

**7:30 a.m. (breakfast):** A couple hard-boiled eggs, fruits and a smoothie — usually one or two fruits plus spinach, kale, and some seeds. **9:15 a.m.** Training for 2-3 hours. **12 p.m. (lunch)** omelette (diced peppers, tomatoes, ham, spinach, cheese) and/or salad, water or electrolyte drink. **2:15 p.m.** Back to gym. Lift session for about an hour and a half. **3:30 p.m.** Stretch, therapy, recovery session for an hour. **5 p.m.** Protein shake. **7 p.m. (dinner)** If I'm eating carbs, usually pasta with a salad. If I'm not eating carbs, I'll have a larger salad with a grilled chicken breast or a steak. **10 p.m.** Stretch, self-calibration

## Eating to win

### HEALTH

### Nutrition for athletes is more than just carb loading

As a time-strapped student athlete, volleyballer Kristina Valjas' go-to fuel was a bowl of Kraft Dinner or a bag of chips. Cheap, easy and tasty, but the junk diet eventually caught up with her.

"The turning point was the shin splints. It was extreme pain," said Valjas, now 28 and a beach volleyball player with Canada's national team. She'd developed bone density issues, partly due to a calcium deficiency.

What athletes eat can mean the difference between high level success and body breakdowns, but it takes time, effort and education to get it right, say dietitians and athletes. This can be tricky in a world where some seem able to eat whatever they want, but athletes say as they age, they know what works for them and what doesn't. "It's, like, immediate now for me," said Melissa Tancredi, a member of the Canadian women's

national soccer team who lives in Vancouver. "I'll know right after I eat something (unhealthy) like, oh that wasn't good. Your body's like, no, I feel awful ... You feel sluggish, you feel tired."

Tancredi (pictured right), now 33, admits she paid little attention to what she ate as a young athlete, but now credits healthy eating with helping her to perform at her best in her 30s. She mainly sticks to organic meats, fruits and vegetables — though she's not averse to a rich curry. The main thing sports dietitian Melissa Kazan notices with her athletes at the Canadian Sport Institute of Ontario is that they don't snack or plan ahead enough. Kazan teaches her athletes to pack healthy snacks, such as granola bars, soy milk packs or chocolate milk, and she advocates for an "everything in moderation" approach to eating.

"We always think, athletes, all they eat are carbohydrates or high carbohydrate diets — it really has to be varied," she said.

Kazan said when an athlete's training load is high at the begin-

ning of the season, they're likely eating more carbohydrates but as training sessions are tapered throughout the season, carbohydrate intake typically drops.

Protein and fat intake typically remains the same, she said.

As for how many calories athletes consume, it depends on the athlete and the sport, said Kazan. Male swimmers competing at the national level might consume 6,000 calories per day.

The day's schedule might also affect what an athlete eats, she said. Someone who can get away with eating greasy foods on a training day won't be able to do so on competition day, said Kazan, since fat is a heavy nutrient to digest. "You have to realize that saturated fats, sugars and the rest of those not-as-great nutrients ... still have the same effect on the body, whether you're a runner, whether you're an endurance athlete or not," said Andrea Falcone, a registered dietitian and fitness professional. "The best fuel is going to give you the best output." TORSTAR NEWS SERVICE



**MELISSA TANCREDI, 33 CANADIAN WOMEN'S NATIONAL SOCCER TEAM 5-foot-7, 170 lbs.**

**8 a.m. (breakfast):** 2 eggs, 2 pieces of gluten-free toast, cup of spinach sautéed in light olive oil, Raspberries + blueberries, espresso. **11 a.m.** 1 hour of striker training; finishing, footwork, sprints. **12 p.m.** Protein shake; coconut meat, coconut oil, coconut water,

biosteel vegan protein. **1 p.m. (lunch)** Chicken and veggies, rice. **4 p.m.** Conditioning, usually HIT intervals or weight circuit. Snack right after training: almond, cashew, dried mango mix. **5 p.m.** Protein shake. **7:30 p.m. (dinner)** Salmon, grilled

asparagus, baked Brussels sprouts, spring mix salad with chopped almonds, cut-up strawberries, fresh feta, balsamic vinegar + olive oil dressing. **9 p.m.** Decaf tea. Maybe a snack of plain Greek yogurt and almond butter. **To drink:** 3 L of water or more.

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# Yoga move has your back

## BACKSPIN

### Deconstructed shoulder pose aids range of motion

**YuMee Chung**  
Torstar News Service

Want to maintain strength and flexibility as you age? Experts say the secret is to "use it or lose it."

Let me show you a pose that takes your shoulders through the range of motion necessary to do up a back-closure bra (or scratch the middle-upper back if you don't own a bra). It's called the Backspin and it's a deconstructed version of a yoga classic called Cow Face Pose.

#### The Backspin

**1.** Internally rotate your right arm and bring the back of the hand to rest on the small of your back. Channel your inner speed skater.

**2.** Wiggle the hand up your back toward the spot between



Pressing the back of your hand into the spot between your shoulder blades provides long-term benefits. TORSTAR NEWS SERVICE

your shoulder blades.

**3.** Feel stuck? Help yourself along by leaning the right outer-upper arm against a wall to squash the inner arm against the side seam of your body. Use this opportunity to squirm the hand a little further up your back.

**4.** Press the back of the hand actively into your body as if you are going for a winning backhand with a ping pong paddle. Imagine you could pass the hand right into your body and out the other side.

**5.** Hold for five breaths before switching sides.

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Backspin to ensure  
your shoulders  
retain necessary  
mobility for years  
to come.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

## FITNESS

### Sports that burn up the calories

The top five calorie-killers include cross-country skiing, step, skipping, running and boxing. Personal trainers recommend two to three 45-minute sessions a week in order to see results.

**1 Cross-country skiing, 974 calories per hour, uphill** Skiing works muscles in the lower body hard (quads, calves, glutes). Muscular activity increases with speed, which can explain that burning thigh feeling often associated with the sport. Skiing also strengthens abdominal muscles, as well as the back, shoulders and arms.

**2 Step, 876 calories per hour** A step aerobics class is a full-body workout, since arms are also included in the dance-style moves. During longer sessions (between 30 and 45 minutes), the body burns sugars then dips into fat reserves as a source of fuel. Step is great for slimming down waistlines and strengthening muscles.

**3 Skipping, 800 to 850 calories per hour** Jumping rope is an excellent cardio exercise for improving physical fitness, bringing benefits to the whole cardiovascular system. Skipping can aid weight loss, and it's a great way to tone up arms and calves quickly.

**4 Running, 600 to 800 calories per hour** Running is one of the best sports out there for burning calories and losing weight. An all-round workout, running boosts cardiovascular fitness and strengthens back and abdominal muscles, as well as the lower limbs, working both the legs and the buttocks.

**5 Boxing, 600 to 800 calories per hour** Boxing is a punch-packed sport that hits hard in the body's energy reserves. This activity is available at loads of gyms and sports clubs for a workout combining speed and technique. Boxing works the arms, abdominal muscles and legs. AFP



Cross-country skiing burns 974 calories. ISTOCK

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# 'Cycleangelo' uses streets as his canvas

## BE-SPOKE ART

## Mapping GPS bike routes to create viral 'doodles'

They call him Cycleangelo. His canvas is the streets of Victoria and his artist's tools are a bicycle and a pair of spandex-clad legs.

Stephen Lund, 50, has become a minor celebrity in the biking world after creating more than 85 incredible virtual "doodles" by tracking his specially designed bike routes via GPS, and uploading them to the Internet.

He started with a simple New Year's message spelled out on the streets, but his designs quickly evolved into massive, amazingly complex critters and characters that take hours to plot out and even longer to cycle through.

Lund, a 50-year-old who works as a marketing consultant, is an avid amateur cyclist. He said he biked more than 22,300 kilometres last year, about a quarter of which he spent on his map art.

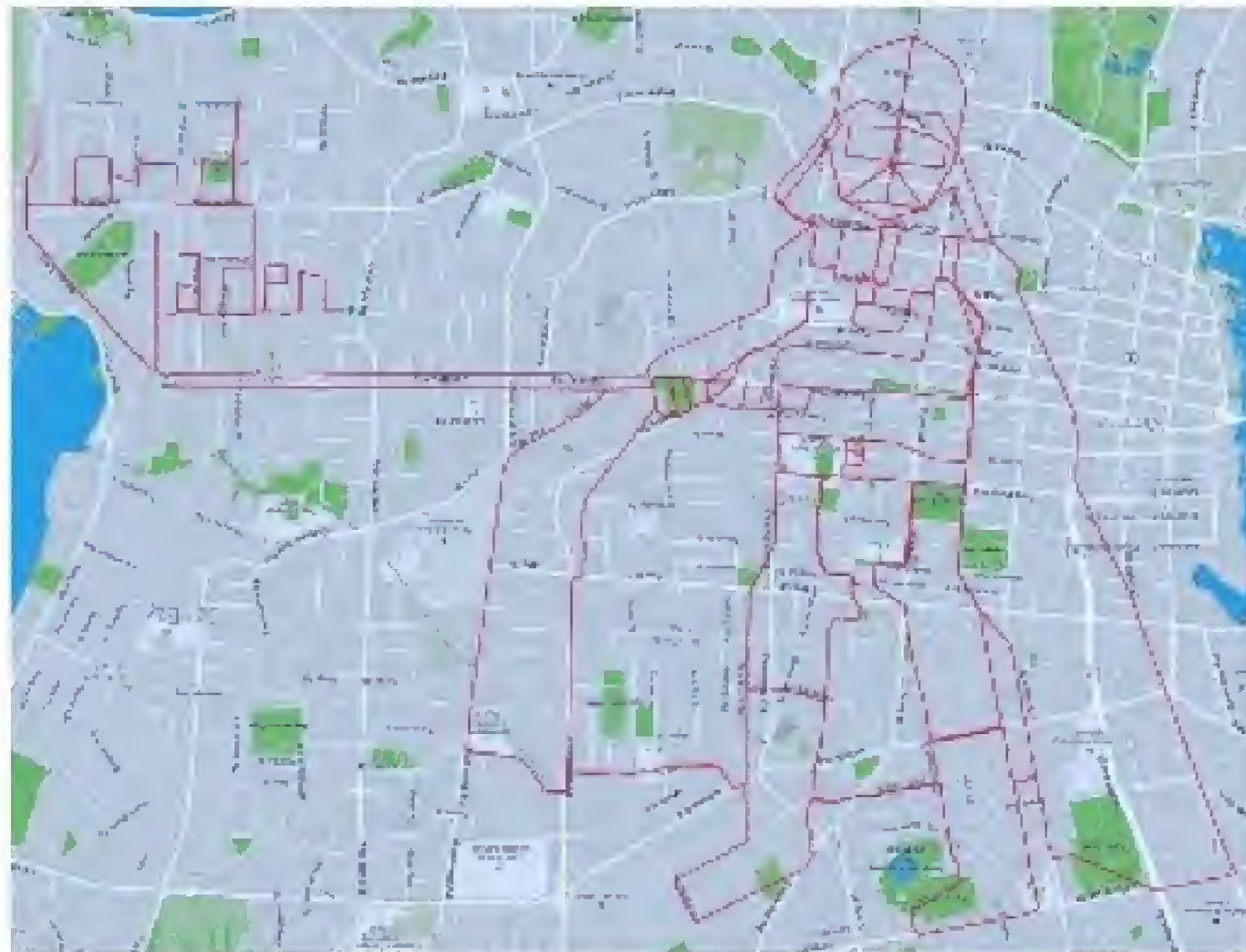
He said he conceived of the doodles as “a way to inject a little bit of fun into my bike rides” after he bought a GPS tracking device and paired it with the Strava app a little over a year ago.

"It struck me almost immediately that this red line on the map had more to it than just tracking ... I decided to do some experimentation," he said.

The pieces, some of which span an area greater than 100 square kilometres, require meticulous planning. He uses the satellite and Street View features on Google Maps to write himself directions so detailed that he knows to turn "at this fire hydrant three-quarters of the way up the block."

Some of Lund's pieces represent a single continuous ride. But if the roads don't align with his design he uses what he calls the "connect-the-dots" method — he turns off his GPS device and restarts it again from another position, which creates a straight line on the map and allows him to craft more intricate details.

The process can involve many stops and starts, so he has to pay close attention to where he is. There are no erasers when you're drawing with GPS. "Three hours, four hours into a ride you start to get tired. You stop focusing and you miss a turn,



**Darth Vader is one of Stephen Lund's most popular doodles.** GPS DOODLES



**Artist Stephen Lund, left, and his anteater, top, and mermaid doodles.** CONTRIBUTED: GPS DOODLES

and it's like, 'Oh, my god.' "

On at least one occasion, Lund has had to abandon a project partway through when he realized he botched it.

So far, he's drawn sea serpents, kangaroos, Darth Vader and Yoda, and even written "Merry Christmas." But he said his favourite work is probably Garmina the Giraffe, a 95.4-km doodle he completed in February 2015 and was his first to go viral.

His most difficult was a mermaid, whose face and hair he rendered in astounding detail.

He said it took about 12 hours to design, and once he hit the road to create it, he had to use three bikes because he damaged the first two.

The 220-kilometre trip was also hampered by rain, and took him two days to finish.

"It was like the universe was conspiring against it," he said. "I would have been just absolutely distraught had it not turned out. There was no way I could have gone out and repeated the whole thing."

Lund's doodles are so incredible that some people don't

believe they're real. Internet commenters have accused him of being a fraud, he said, but he's adamant the images are authentic. He said the proof is that he records and posts them through the Strava app. "You can't outwit the GPS," he said.

Most people's reactions have been overwhelmingly positive. He's done spots on Canadian and American television, been featured in numerous cycling magazines, and last November was invited to speak at the TEDx conference in Victoria.

TORSTAR NEWS SERVICE



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# Fighting sexism through emojis

## TECHNOLOGY

## Survey sparks talks of more progressive emoting icons

Men can be police officers, detectives or construction workers. Women can be brides, princesses or bunny ear-wearing dancers.

At least, according to emojis. This issue of gendered stereotypes perpetuated by emojis and the subtle limitations stereotypes placed on young girls is the focus of a video and survey from Always brand feminine hygiene products. The video — part of a campaign to promote confidence in young girls — shows girls sadly realizing many of their favourite female emojis only wear pink, and that few are playing sports and none are represented in professional roles.

The Always survey, conducted by MSLGROUP public relations firm, included responses from 1,000 American women aged 16 to 24 who were asked questions about their attitudes toward



Heather Payne, CEO of programming bootcamp HackerYou calls the emoji stereotypes 'super subtle.' TORSTAR NEWS SERVICE

and use of emojis. The online questionnaire found that 75 per cent of respondents want to see female emojis portrayed more progressively and 67 per cent said the available emojis imply girls are limited in what they can do.

"If you scroll through the emoji options ... there is a lot of pink and hearts and lipstick, kisses, a pink purse — a lot of emojis that are very stereotypically girly," said Heather Payne,

CEO of HackerYou, a Toronto-based programming boot camp. "Why isn't there a police officer with a female haircut?"

Payne called the perceived stereotypes "super subtle."

"A lot of people wouldn't even notice until the moment you're trying to use an emoji that represents (you)," she said. "If we're trying to move society forward, it probably makes sense to have emojis that represent everybody."

So why can't Apple just pop a ponytail on the side of a police helmet?

It's not that simple.

Emojis are regulated by Unicode Consortium, a non-profit organization committed to developing, maintaining and promoting software internationalization standards and data. The organization is responsible for ensuring the images appear similarly across different platforms, but each platform

— such as WhatsApp, Gmail or Facebook — decides exactly how the emoji appears, explains Montreal-based linguist Gretchen McCulloch, who is writing a book about Internet language. "What the body looks like is not up to Unicode, necessarily, but the people who make the graphic art," McCulloch said. "Unicode doesn't mandate the girls to be in pink. That was a decision on the part of Apple's graphic design team."

So while Apple's "dancer" emoji portrays a woman in a red dress, Google's depiction is a yellow blob with a rose in its mouth.

In general, it appears Google prefers using gender-neutral images when Unicode doesn't specify "male" or "female," while Apple chooses more gender-specific images, said McCulloch.

Apple declined to comment on details of emoji design or respond to criticism when contacted, but said the company adheres to the Unicode standard.

But regardless of how platforms choose to depict emojis, Unicode's modifiers have helped bridge identity gaps in the past, notably when skin tone modifiers were added last year.

Indeed, gender modifiers may soon be on their way.

In a recent draft portend, Unicode unveiled draft plans to implement gender variants to emojis. This means one day a running man could be transformed into a running woman, however, the initiative is a draft and Unicode is still soliciting feedback.

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Winning biographer Rosemary Sullivan. CONTRIBUTED

# It's a three-peat for Rosemary Sullivan

RBC TAYLOR PRIZE

## Author wins third award for Stalin's Daughter

Joseph Stalin's daughter lived a tragic and complex life in the shadow of her Soviet dictator father.

But these days Svetlana Alliluyeva is getting a huge spotlight of her own, thanks to Toronto biographer Rosemary Sullivan's hit book on her, which has now won three major literary prizes.

Stalin's Daughter: The Extraordinary and Tumultuous Life of Svetlana Alliluyeva won the \$25,000 RBC Taylor Prize on Monday. It previously won the \$40,000 British Columbia National Award for Canadian Non-Fiction and the \$60,000 Hilary Weston Writers' Trust Prize for Nonfiction.

"I cannot believe that I've actually hit a triple home run," Sul-

livan said in an interview after her latest win.

"I suppose maybe it's a testament to Svetlana, who led such a courageous life, and to people's passionate interest in all things Russian at the moment."

The book, from HarperCollins Publishers, traces Alliluyeva from her childhood inside the walls of the Kremlin to her quest for asylum in Switzerland and her defection to the U.S., where she raised a daughter.

“

**I cannot believe that I've actually hit a triple home run**

Rosemary Sullivan

"She was at the centre of the hierarchy of power, the daughter of the dictator, but in no way invited into the inner circle," said Sullivan. "Her mother committed suicide when Svetlana was six and a half, her favourite aunt and uncle were arrested in '37

and executed in '41, her brother died in a German POW camp, two of her aunts were sent to solitary confinement in 1947."

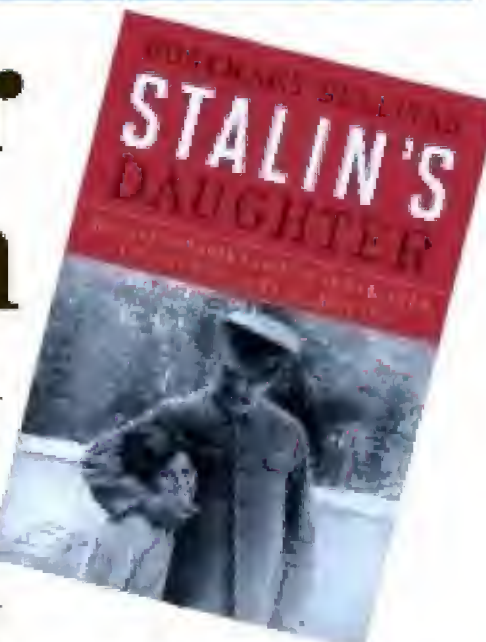
In her acceptance speech, Sullivan thanked Alliluyeva — who died in 2011 at age 85 — for reminding us "never to accept the projections of clichés that people impose on us."

She also thanked Chrese Evans, Alliluyeva's American-born daughter who gave her permission to quote from her mother's unpublished books and letters.

"She treasured that child and I think Chrese kept her in the world," said Sullivan. "There would have been reasons for her to have taken a ticket out if it hadn't been for her daughter."

This year's Taylor Prize jury members — Joseph Kertes, Susanne Boyce, and Stephen J. Toope — read 121 books before choosing a short list of five. They praised Sullivan's book for its "exacting research with brilliant storytelling."

"Rosemary Sullivan has just pulled off something really diffi-



cult, which is winning the three major non-fiction awards in this country," said Taylor Prize founder Noreen Taylor.

"This is a three-peat. It rarely happens in sports, it rarely happens in writing. That is remarkable, that three different juries have found her book to be the best of a very, very fine crop of writers."

This year's other Taylor Prize finalists were: Toronto journalist Ian Brown for *Sixty: The Beginning of the End, or the End of the Beginning?*; Toronto novelist Camilla Gibb for *This Is Happy*; CBC personality-turned-political candidate Wab Kinew of Winnipeg for *The Reason You Walk*; and Ottawa's David Halton for *Dispatches from the Front: The Life of Matthew Halton, Canada's Voice at War*. THE CANADIAN PRESS

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# Hooker Monologues entertains and educates



**Carmen Shakti, a sex worker and cast member in the upcoming production of *Hooker Monologues*.** THE CANADIAN PRESS

## THEATRE

## Play reveals hidden world of sex work to dispel stigma

Maggie de Vries spent a good chunk of the 1990s trekking out to a small, grey house in Vancouver's Downtown Eastside trying to rescue her sister from a life of prostitution.

But after Sarah vanished and her DNA turned up on serial killer Robert Pickton's farm, de Vries read her sibling's journals and discovered her mission had only stirred up shame.

"I didn't know what she was going through," said de Vries. "I didn't know she was scared. I didn't know she wanted out."

De Vries reveals her painful journey of reckoning over the past 18 years in a raw new theatre production called *Hooker Monologues*, which opens Wednesday in Vancouver. The title references the acclaimed episodic play *Vagina Monologues* by feminist Eve Ensler.

De Vries' original work answers Sarah's decades-old journal entries with present-day personal responses as part of 21 performances. The 10-member cast is composed of sex workers and their allies. The production was funded by grants and donations, and is directed by Vancouver's Mindy Parfitt.

Audiences at the show will hear authentic stories that peel back the curtain on the hidden

world of sex work, which covers a range of jobs, clients and experiences.

"They get to enter into Sarah's private thoughts that she wrote for herself. They get to see her hopes and dreams and longings. That's something they might not imagine," said de Vries, who regrets not trying to accept and understand her sister. "If my attitude had been different, I could have simply been present. ... It's too late to connect."

While de Vries' main performance is sad and gripping, she will also present an episode involving a sex worker on the job in Alaska on 9/11.

Monologues by other cast members include escorts and exotic dancers, a dominatrix, and a history lesson on the "Shame the Johns" campaign in the 1980s.

"I would like it to be a window into people's lives who work in the industry. We're so often presented in mainstream media as one-dimensional objects rather than subjects," said cast member Carmen Shakti, who's been a self-employed indoor sex worker for about five years. "When people see us as full humans, they're more likely to agree with us having the same human rights and workplace rights as everyone else. That's my ultimate motivation for going public."

The show endeavours to dispel stigma and challenge myths about the sex work industry, according to its playbill. It was the brainchild of researcher Raven Bowen, a former executive director of the PACE Society, a sex

**The danger for sex workers identifying themselves ... keeps them invisible. We need to see there are sex workers all around**

**US.** Maggie de Vries, cast member and contributor. *Hooker Monologues*

worker support organization.

Cast members spent more than a year crafting a production infused with empowered messages, from denouncing the casual insult of "whore" to showing sex work can be a satisfying career choice.

"It's not the sex worker in the mini-skirt under the streetlight leaning into a car," said Bowen, adding that only five to 15 per cent of the industry is visible. "That's the image that we see all the time but that is not reflective."

Another goal of the show, strengthening public support for decriminalizing the sex trade, is aimed at overturning legislation passed by the former Conservative government. The courts and advocates contend that banning the purchase of sexual services is dangerous because it exposes sex workers to violence and exploitation in an unregulated market.

Bowen said she hopes the show builds understanding about elements of the trade its workers abhor and want to eliminate, including forced labour, slavery and human trafficking.

But the blanket social taboo makes it difficult for average Canadians to form opinions on sex work laws, said de Vries, which is something she hopes the show

will change. "They want to do whatever will make things safer and better, but they don't know what that is."

Shakti, who practises sacred sexuality and Tantra, wants audiences to learn that many sex workers shun victimization and consider themselves entrepreneurs. Some of her clients are middle-aged men with physical and psychological barriers who have never experienced sexual intimacy.

"It's not the kind of love you have with a partner, but it's a type of love and it's just as important and the world needs it," she said. She believes that religious teachings underpin modern culture and obstruct society from recognizing sex work as legitimate. "There's the idea that women can be smart or sexual, they can't be both."

Neither cast member sees any harm with displaying the multifaceted trade in an entertainment format.

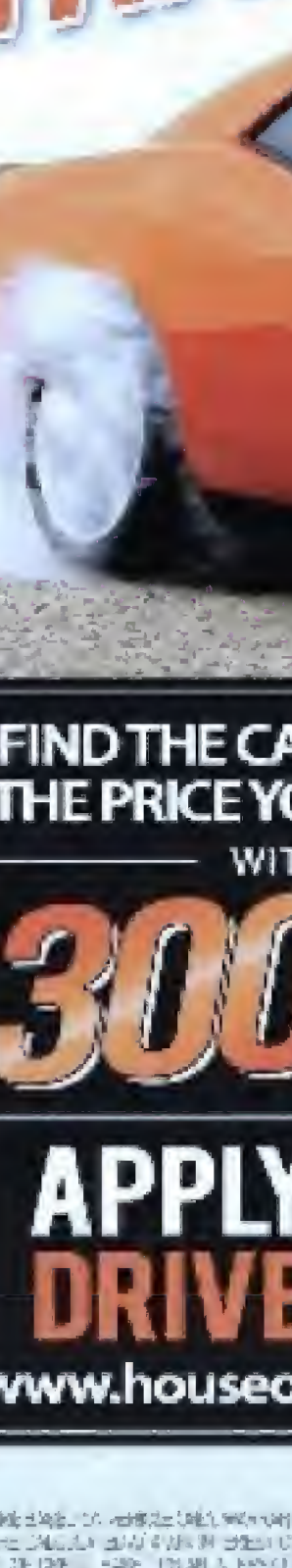
"This is important to do because it's not safe to do," said de Vries. "The danger for sex workers identifying themselves in our society creates a greater distance. It keeps them invisible. We need to see there are sex workers all around us."

THE CANADIAN PRESS

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**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

## Father's pride valued more than her life

**THE SHOW:** *A Girl in the River: The Price of Forgiveness* (HBO)  
**THE MOMENT:** Saba's eye

In this documentary short, which just won the Academy Award, we meet Pakistan native Saba, 19, who survived a so-called honour killing: She married a man her father and uncle didn't approve of, so they shot her in the head and dumped her in a river.

As we watch, the police arrest the shooters, and a lawyer urges Saba to prosecute. But her family and village elders pressure her to forgive them. If she does, under Pakistani law, they'll go free. You know who wins.

"Everyone says I am more respected now," Saba's father tells filmmaker Sharmeen Obaid-Chinoy (a Pakistani-Canadian whose 2012 doc short, *Saving Face*, also won an Oscar), without a trace of regret. "They say I am an honourable man. They

say what I did was right."

And there you have, in under 40 minutes, an answer to how intractable problems remain intractable. That "they" whom Saba's father quotes — it's chilling to think about who they are, why they have power, and how they keep it.

"I can proudly say that for generations to come," Saba's father sums up, "none of my descendants will think of doing what Saba did."

Haunting as that is, what I can't forget is Saba's eye. When we meet her, her wound from the shooting is fresh, and her left eye is red with burst vessels. When we leave her — bereft of her dream of justice, her fight already over and done with — so little time has passed that her eye is still red.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Saba, 19, survived an honour killing. PHOTO COURTESY HBO

# Williams returns to Broadway with Blackbird

**THEATRE**

## Play challenges audiences with portrait of young victim

Before you can get to Michelle Williams' dressing room at the Belasco Theatre on Broadway, you pass one with a sofa upholstered in bright colours, a flat-screen TV and a disco ball attached to the ceiling.

It's reserved for her 10-year-old daughter, Matilda, who can now come to work with mom and hang out, knitting or watching movies. There's one rule: She must not know what mom is doing down on the stage.

Williams is starring opposite Jeff Daniels in *Blackbird*, a disturbing tale of an older man, a much younger woman and what happens when they meet 15 years after their brief and illegal relationship has ended.

"She can't see the play, be anywhere near the play, hear the play, listen to the play," Williams said. "This is so she can come and hang out with mom, but with a lock on the door."

Downstairs, Williams plays a vengeful victim, hurling accusations at her former lover with devastating accuracy, and yet harbouring a few problems of her own.

The actress said the topic is, unfortunately, always timely. "You can't not know somebody who's been abused. It's far more common than it should be," she



**"She can't see the play, be anywhere near the play, hear the play, listen to the play."**

Michelle Williams, on banning her daughter from watching her performance in *Blackbird*, where her character confronts her childhood sexual abuser

said. "So I find it very specific and very general."

Williams, who on this day apologizes for needing to wolf down rice pudding in her dressing room before her show, seems to have found a way to balance work with single motherhood. She is raising her daughter with the late Heath Ledger in an apartment in a charming, cobblestoned neighbourhood of Brooklyn, above a grocery store.

To accommodate Williams' schedule, producers have agreed to have no shows on Sunday — traditionally a key box-office draw — so "we can have a real life." The two recently attended a concert by the girl's favourite singer, Stevie Wonder, and she shows a photo on her phone of Matilda wearing an ecstatic

expression.

David Harrower's *Blackbird* marks the first big job Williams has tackled since she spent the better part of a year singing and dancing in the latest revival of *Cabaret* as the complex nightclub singer Sally Bowles.

"That took the stuffing out of me," she said. "I put myself out to pasture for a while after *Cabaret*. I ate a lot, literally, and ran lazily around fields because I was so tired. And then this came up and I just couldn't say no."

Although she had done some theatre, she decided to make her Broadway debut in *Cabaret* in 2014, wearing lingerie and belting out *Don't Tell Mama* and *Maybe This Time* for 10 months.

"I felt like I was pushed up against the edge of my ability

every night. But, as a result, I feel like I could feel my ability just inch up," she said. "So that's been exciting to go back to work with some new ideas and abilities."

When she was offered *Blackbird*, she was impressed by its beauty and consulted with her friend and *Cabaret* co-star Linda Emond, who called it one of the most exciting pieces of theatre she'd seen.

So, after doing two small parts in two independent films — Kenneth Lonergan's *Manchester by the Sea* with Casey Affleck and Kyle Chandler, and Kelly Reichardt's *Certain Women* with Kristen Stewart and Laura Dern — Williams went back to the stage. **THE ASSOCIATED PRESS**



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# Manning calls end to 18-year career

NFL

## Five-time MVP retires with two Super Bowl titles in tow

His voice cracking with emotion, Peyton Manning said goodbye to the game he loved at a news conference packed with friends, family and laughter.

He threw in some Scripture, some fond memories and even a dig at Super Bowl 50 MVP Von Miller, whom he thanked for taking a break "from your celebrity tour to be here today."

He ended it with his signature "Omaha!" and then posed for pictures with more than a dozen of his former teammates with the Indianapolis Colts and Denver Broncos, each of whom he helped win a Super Bowl.

Manning, who turns 40 this month, said the timing was simply right to call an end to his 18-year NFL career.

"I thought about it a lot, prayed about it a lot ... it was just the right time," Manning said. "I don't throw as good as I used to, don't run as good as I used to, but I have always have had good timing."

He came to Denver on March 20, 2012, for the chance to win another title in the twilight of his career and GM John Elway



Just shy of 40, Peyton Manning will forgo \$19 million and a 19th season in the NFL.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

**If there is a list of achievements needed to attain greatness you've checked every box.**

Broncos president Joe Ellis

had the blueprints.

Four years later, he hobbles away a champion just like his boss did 17 years ago.

Elway thanked Manning for coming to Colorado for

the second chapter of his brilliant career, saying he made his own job easier, noting that with Manning living here, free agents were basically asking Elway "where do I sign?"

Manning went 50-15 in Denver, leading the Broncos to four AFC West titles, two Super Bowl trips, one championship and in 2013 guided the highest-scoring offence in league history — all after retraining himself to throw after a series of neck fusion surgeries forced him to miss all of the 2011 season and led the Colts to cut him.

THE ASSOCIATED PRESS

BRIER

## Northern Ontario's Jacobs a perfect 4-0

Northern Ontario's Brad Jacobs was the lone unbeaten team at 4-0 after seven draws at the Tim Hortons Brier in Ottawa following a 10-6 win over Canada's Pat Simmons.

Alberta's Kevin Koe beat brother Jamie Koe 8-7 in the afternoon and then topped Manitoba's Mike McEwen 9-4.

The Alberta skip was alone in second place at 4-1 while Newfoundland and Labrador's Brad Gushue was in third at 3-1.

Ontario's Glenn Howard defeated New Brunswick's Mike Kennedy 9-6 to move into a tie at 3-2 with Simmons, who dropped a surprise 6-4 decision to Prince Edward Island's Adam Casey earlier in the day.

McEwen and British Columbia's Jim Cotter were at 2-2 while Saskatchewan's Steve Laycock moved

to 2-3 after topping Quebec's Jean-Michel Menard 7-3 in the evening. THE CANADIAN PRESS

**"In this Brier, if you give an inch — and we gave a few out there — they're going to bite you"**

Canada third John Morris

COURT

## Andrews awarded \$55M in lawsuit

A jury awarded Erin Andrews \$55 million on Monday in her lawsuit against a stalker who rented a hotel room next to her and secretly recorded a nude video, finding that the hotel companies and the stalker shared in the blame.

After a full day of deliberations, the panel said the stalker was responsible for 51 per cent of the blame and the two hotel companies would share the rest, which comes out to nearly \$27 million.

Andrews, a Fox Sports reporter and co-host of the TV show Dancing with the Stars, wept as

### **HARD TIME**

Michael David Barrett was sentenced to serve 2-1/2 years in prison after admitting to stalking Andrews in three cities.

jurors announced the verdict.

Jurors heard directly from Andrews, who testified that she was humiliated, shamed and suffers from depression as a result of the video, which has been viewed by millions of people online. THE ASSOCIATED PRESS

TENNIS

## Sharapova reveals she failed drug test

Tennis star Maria Sharapova says she failed a drug test at the Australian Open.

The five-time major champion took full responsibility for her mistake when she made the announcement at a news conference Monday in Los Angeles. The former world No. 1 could face a lengthy ban from the International Tennis Federation.

"I know that with this, I face consequences," Sharapova said. "I don't want to end

my career this way, and I really hope I will be given another chance to play this game."

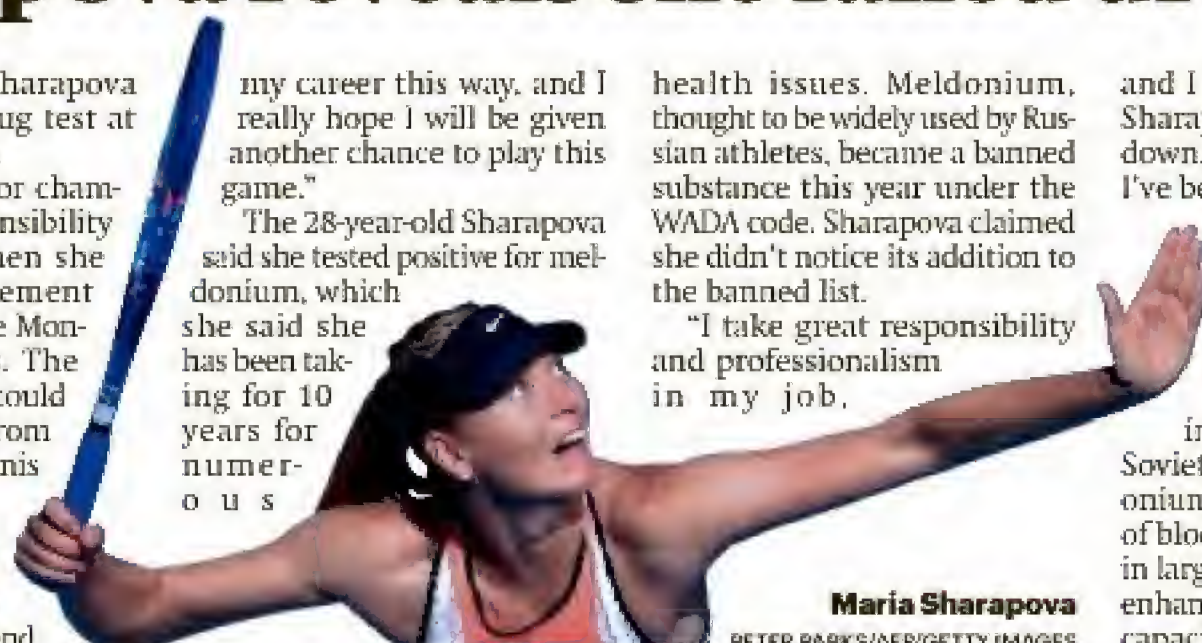
The 28-year-old Sharapova said she tested positive for meldonium, which she said she has been taking for 10 years for numerous

health issues. Meldonium, thought to be widely used by Russian athletes, became a banned substance this year under the WADA code. Sharapova claimed she didn't notice its addition to the banned list.

"I take great responsibility and professionalism in my job,

and I made a huge mistake," Sharapova said. "I let my fans down. I let the sport down that I've been playing since the age of four, that I love so deeply."

Meldonium, also known as mildronate, is a Latvian-manufactured drug popular for fighting heart disease in former Soviet Union countries. Meldonium treats ischemia, or lack of blood flow, but can be taken in large doses as a performance-enhancer that increases exercise capacity. THE ASSOCIATED PRESS



Maria Sharapova  
PETER PARKS/AFP/GETTY IMAGES



**NHL WHEN SHARKS ATTACK** The Sharks' Dainius Zubrus checks the Flames' Josh Jooris at the Scotiabank Saddledome on Monday night. The Flames entered the contest with the chance to climb out of last place in the Western Conference. Go to metronews.ca for the story.

JEFF MCINTOSH/THE CANADIAN PRESS



## IN BRIEF

**Dickey, Saunders lead Blue Jays past Braves**

R.A. Dickey tossed three scoreless innings. Michael Saunders hit his third homer in as many games and the Toronto Blue Jays defeated the Atlanta Braves 3-1 on Monday.

Dickey allowed one hit to Gordon Beckham to open the third and threw 31 pitches with one walk.

Saunders, who homered twice and drove in five runs during Saturday's victory over Philadelphia, connected for a long solo shot to right field in the third. Ryan Goins added an RBI double for the Blue Jays in the fourth.

THE ASSOCIATED PRESS

**Talbot, Scheifele, Burns named three stars of week**

Edmonton Oilers goaltender Cam Talbot, Winnipeg Jets centre Mark Scheifele and San Jose Sharks defenceman Brent Burns have been named the NHL's three stars of the week.

Talbot went 3-0-0 with a 0.65 goals-against average, .981 save percentage and one shutout to backstop the Oilers to three wins in four games.

Scheifele led the NHL with six goals in four games, while Burns led all blue-liners with six points in three games.

THE CANADIAN PRESS

# Harvey in hot pursuit of Tour's top three

## CROSS COUNTRY SKIING

## Quebec native hopes to make it to podium by the series end

Alex Harvey did the interview sitting down. Halfway through eight races in a dozen days, the Canadian cross-country skier was saving his legs.

Harvey and the host team resume the gruelling Ski Tour Canada on Tuesday in Canmore, Alta., after four races in Quebec. Harvey heads into the tour's second half ranked fourth overall. The 27-year-old from Saint-Ferreol-Les-Neiges, Que., won a silver medal in a skate-ski sprint and was fourth in a 15k pursuit last week in Quebec City.

The series opened with races in Gatineau, Que., and Montreal. Russia's Sergey Ustiugov arrived in Canmore the men's overall men's leader. Norwegians Petter Northug Jr. and Emil Iverson were second and third respectively.

Harvey was two minutes four seconds back of Ustiugov and 51 seconds behind Iverson.

"The dream is to come back on the podium," Harvey said Monday after a training session. "I'm going to need really good days and I'm going to need the guys in third, second and first to not have amazing days. If they keep putting time on me, it's going to be hard."

"We're still only at the halfway point. There's still a lot to go. Now you really have to stay strong and you can't really have a bad day because it's going to be hard to catch back up after that."

Norwegian women dominated the tour's first half with Heidi Weng, Therese Johaug,



Alex Harvey races Friday's qualifier in Quebec City. THE CANADIAN PRESS/JACQUES BOISSINOT

Astrid Uhrenholdt Jacobsen and Maiken Caspersen Falla holding down first to fourth respectively.

After Tuesday's classic sprint, a men's 30k and women's 15k on Wednesday combine classic and skate-ski techniques. Friday's interval start and Saturday's classic pursuit conclude both the tour and the World Cup season.

There will be races within races at the Canmore Nordic Centre. Skiers are chasing medals in each day's race, but also fast times to climb the rankings in the Ski Tour Canada. World Cup points are also awarded according to finish. Not only will the

Ski Tour Canada champions be crowned Saturday, but so will the season's overall World Cup champions. It will mark the first time in history that cross-country skiing's crystal globes will be hoisted outside of Europe.

There's also almost \$870,000 in prize money to be won in the Ski Tour Canada.

Multiple races in a compressed time frame at the end of the long racing season is draining the skiers' tanks. Harvey was eating, drinking, sleeping and stretching more than usual. He was vigilant about getting on the massage table as well.

"In the morning, it takes a solid 30 minutes to really start the engine because the muscles are sore, swollen from the day before," Harvey explained.

Devon Kershaw of Sudbury, Ont., is a veteran of stage races having competed in Europe's Tour de Ski since its inception in 2006. He finished fourth in 2012.

"You have to stay on top of your mobility, you have to stay on top of therapy when it's available," the two-time Olympian said. "You have to eat well and often." Canada has a large host team of 24 skiers in Canmore. Kershaw ranked 21st among the men and Emily Nishikawa of Whitehorse was the top Canadian woman in 45th after four races.

THE CANADIAN PRESS

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## LAND FOR SALE

### LANDS FOR SALE BY OFFER

### ESTATE OF J.C. ANDERSON

The Estate of J. C. Anderson is opening the following lands for offers.

#### LANDS FOR OFFER

12 Quarters of Farm Land and One Acreage  
 PARCEL DESCRIPTIONS - ACRES APPROXIMATELY + or -

1. 151.48 Acres - S;1;2;2;6;NE
2. 2.60 Acres - 0512195;2;2 (Part of S;1;2;2;6;NE above)
3. 155.70 Acres - S;1;2;1;18;NE
4. 160 Acres - S;1;2;1;18;NW
5. 156 Acres - S;1;2;1;18;SE
6. 160 Acres - S;1;2;1;17;NW
7. 160 Acres - S;1;2;1;17;NE
8. 155.70 Acres - S;1;2;1;7;NE
9. 128.69 Acres - S;1;2;1;7;NW
10. 155.50 Acres - S;1;2;1;7;SE
11. 160 Acres - S;1;2;1;7;SW
12. 157.79 Acres - S;2;2;1;1;SE
13. 148.82 Acres - S;1;2;0;31;NE

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. M51 (noon) on April 18, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary  
 4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7  
 P. 403 298 3079 | E. WongL@bennettjones.com

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9	6	3	5	2	7	4	1	8
5	7	2	8	1	4	9	3	6
2	9	5	7	4	8	3	6	1
1	8	6	3	9	5	2	7	4
7	3	4	2	6	1	8	5	9
8	2	1	9	7	3	6	4	5
3	5	7	4	8	6	1	9	2
6	4	9	1	5	2	7	8	3



# RECIPE Lemon Thyme Chicken Burger



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

- 6 whole wheat rolls
- Toppings: Lettuce, tomato, goat cheese

## Directions

1. In a large bowl, mix together the meat, thyme, zest, juice, egg, onions, breadcrumbs, mustard and salt and pepper.
2. Using your hands, form the mixture into six 3/4- to 1-inch thick patties. Hold a patty over a bun just to check that you've made them about the same size.
3. Heat up your pan or barbecue. Add a drop of vegetable oil to the pan if you're cooking on the stove. Cook patties over medium/high heat for about 5 minutes on each side. The internal temperature should be 165 to 170 degrees.
4. Time to add the extra bits of deliciousness. Top with tomato, lettuce and goat cheese.

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These fresh and juicy burgers are fantastic with classic lettuce and tomato toppings but they're over the top with a good schmear of goat cheese.

## Ready in

Prep time: 10 minutes  
Total time: 20 minutes

## Serves 6

## Ingredients

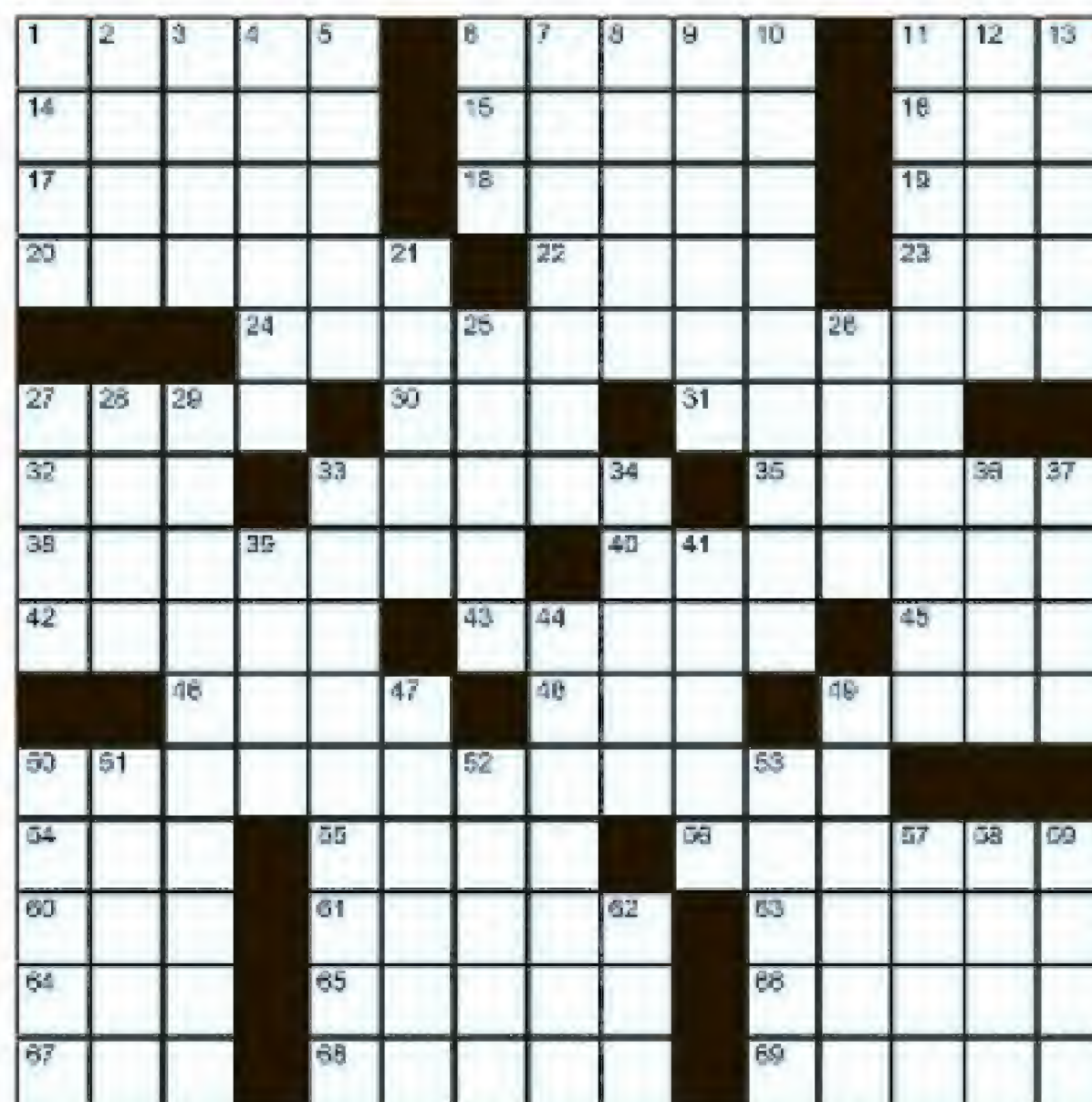
- 1 lb ground chicken
- 2 Tbsp fresh thyme
- 1 Tbsp lemon zest (the zest of about 1 lemon)
- 1 Tbsp lemon juice
- 1 egg, whisked
- 1/2 onion, finely minced
- 1/4 cup breadcrumbs
- 2 tsp dijon mustard
- Salt and pepper
- 1 Tbsp vegetable oil

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Airborne attacks
6. Mikhail Gorbachev's late wife
11. French possessive
14. Extreme
15. Violin, e.g.
16. Religious song: "Lead \_\_, King Eternal"
17. Jan \_\_ (17th-century Dutch painter)
18. Specific-purpose committee 2 wds.
19. Expend
20. 'I' of BLT
22. "I'll Always Be There" singer Mr. Voisine
23. \_\_-chah-nulth (People of the Pacific Coast of Vancouver Island)
24. Yellowknife-born actress who has famously portrayed Lois Lane in 'Superman' movies: 2 wds.
27. The basics
30. And, in Athens
31. Avery adhesive, Glue \_\_
32. \_\_-Jongg
33. Those sharing PEI writer L.M. Montgomery's 'M.' initial
35. Belonging to the mountain nymph of ancient Greek mythology known for her voice
38. Breaking free
40. Surpasses
42. Gladiator's 2,650
43. Discharge
45. ' \_\_ in Calgary
46. Diving birds
48. Numero \_\_



49. The \_\_ the limit (Anything is possible)
50. Eggplant dip: 2 wds.
54. Evian water
55. Honour
56. Mark
60. Electrical discharge
61. Canadian shoe

- stores
63. Ceremonial headdress
64. \_\_ much (Few)
65. County in Ireland
66. Open, as a jacket
67. \_\_-Caps (Candy)
68. Loretta's por-

- trayer on film
69. Alberta town, \_\_ River

## DOWN

1. Corrode
2. Sax sort
3. Newspaper piece
4. Aspirations
5. \_\_ Barbara, Cali-

- fornia
6. "Clothes Off" by Canadian singer/songwriter \_\_ Mae
7. Human's replacement in outer space
8. Eric Clapton's \_\_, the Sheriff
9. \_\_ and bonds
10. Frank Gehry's

- gig
11. Band's pre-concert test
12. Arise
13. Sister: French
21. Mork's language on his planet
25. Give a guess
26. Monopoly roll-ees
27. \_\_/ \_\_ radio
28. Ointment
29. \_\_ Bay (Nova Scotia body of water)
33. Holder of the drink that goes with cookies: 2 wds.
34. \_\_ \_\_ evil, hear...
36. Showbiz personality Aubrey
37. Angry cat's noise
39. South American country [abbr.]
41. Deletes by making a crisscross marking: 2 wds.
44. Labrador Retrievers, for example: 2 wds.
47. "Would you like me to?": 2 wds.
49. \_\_ Auditorium (Los Angeles venue which has hosted many award shows)
50. Lima and Kidney
51. Screenplay writer Mr. Sorkin
52. Luxury cars
53. Took notice: 2 wds.
57. Strip by the Mediterranean Sea
58. "Modern Family" star Mr. Stonestreet
59. Gift wrapper's need
62. Tofu base

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
A friend needs some reassurance and you are the one to provide it. A cheery word or two could be all it takes to pull them out of their mental and emotional nosedive and get them on the road to happiness again.

**Taurus** April 21 - May 21  
You may not agree with what a loved one is planning but don't be critical. If you're negative it will only encourage them further, so you might as well stand back and let it happen.

**Gemini** May 22 - June 21  
You have done some remarkable things of late but there could be a price to pay if you push yourself too hard. Be less relentless in your pursuit of fame and fortune.

**Cancer** June 22 - July 23  
Is it possible to have too much of a good thing? Yes, so be careful over the next few days. Fun times are on the way — but if you go too far you may regret it health-wise.

**Leo** July 24 - Aug. 23  
You may not be able to summon up a great deal of enthusiasm for what you have to do today but that's okay. You really don't have to make too much of an effort. Get others to make it for you.

**Virgo** Aug. 24 - Sept. 23  
Let others make decisions for you today. If they make the right ones it will save you a lot of time and effort. If they're wrong then at least you'll have someone to blame.

**Libra** Sept. 24 - Oct. 23  
Try to steer clear of issues you don't understand. If you make a small change in one area it could lead to a big change in another and it may not be the kind of change you enjoy.

**Scorpio** Oct. 24 - Nov. 22  
Don't go to pieces if someone is critical of your performance today. Most likely they are just trying to help by pointing out where they think you have been going wrong. There is no need to get upset about it.

**Sagittarius** Nov. 23 - Dec. 21  
You clearly have a lot on your mind and the last thing you need is to be bombarded with ideas and plans you know nothing about and care even less for. Keep yourself to yourself.

**Capricorn** Dec. 22 - Jan. 20  
You have important things to take care of. Yes, they are boring and, yes, there are a dozen other things you would rather be doing, but you have responsibilities to live up to.

**Aquarius** Jan. 21 - Feb. 19  
This is not a good day to take chances with money, so keep your cash in your pocket. Tomorrow's solar eclipse will transform your financial fortunes but for the next 24 hours you must not spend a penny.

**Pisces** Feb. 20 - March 20  
It's OK to win but where you finish in the race is less important than the fun you had taking part. Let go of your competitive instincts today because they may be holding you back.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

1				3				6
				4		7		
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Auto & Truck Show. But just what defines a luxury vehicle?

We talk about "car culture," but in reality, what Canadians really love is the SUV. They're available in everything from compact to full-size, and with two or three rows of seats. The segment has become so popular that even Jaguar and Bentley are introducing their versions of sport utility vehicles. Buyers can't seem to get enough of the interior space, cargo capacity, and tall seating positions that SUVs offer.

Most of the current crop of SUVs is on display at the Calgary International Auto & Truck Show, but don't stop there. Exactly what makes an SUV is open to debate, and the segment can include crossovers — or, by manufacturers' — and minivans. But no matter what you call them, consider these points when you're looking for one.

- Not all 4WD/AWD systems are the same. If a model offers four-wheel drive or all-wheel drive, the same.
- They handle differently than a car. An SUV's taller height can mean better visibility, but you will have to get used to that higher centre of gravity. If you've only ever driven a car, none of them really feel "lippy" anymore, but they do react differently in sharp turns or emergency manoeuvres.
- Do you need three rows of

The Ford Escape was Canada's top-selling SUV in 2015, outselling every car model except the Honda Civic.

and upcoming Mercedes-Benz C-Class Wagon.

seats? If you don't regularly take that many passengers, the two-row version, if available, may be a better choice, especially since the space taken up by the third row is often turned into useful, hidden storage areas. If you are considering three rows, take the time to sit there — they're not all created equal. Some require the flexibility of a gymnasium to squeeze back there, some second-row seats are far easier than others to flip and fold for access, and depending on how they're positioned over the rear axle, some third-row seats offer a lot more legroom and headroom than others.



- What about alternative-drive models? There currently are no alternative-drive models like the Ford Transit Connect or Mercedes-Benz Metris, but there are a number of different versions of commercial vehicles that offer alternative drivetrains. For example, consider the new Kia Niro, or for something a bit more traditional, the Mazda3. Both are like the Mazda3 in that they're "mid-engine" minivans, but the Kia Niro is a plug-in hybrid vehicle, and the Mazda3 is a conventional gas engine. If those are all too small for you, there are also larger commercial vehicles available with alternative drivetrains, such as the Ford Transit Connect and the Mercedes-Benz Metris.

aren't any pure-electric SUVs, but you can get some with hybrid drivelines, such as the Toyota Highlander Hybrid, Infiniti QX60 Hybrid, and Lexus RX450h. The sporty and luxurious Porsche Cayenne S E-Hybrid operates mostly as a conventional hybrid, but can be plugged in to provide a short period of battery-only driving.





The auto show allows for a thorough comparison between cars. CONTRIBUTED

By doing all of the homework, you'll be ready to head to the dealership. CONTRIBUTED

# What to look for in a car

FINDING THE RIGHT FIT

It's common to overestimate the space needed in a vehicle

Jill McIntosh

If you're in the market for a new vehicle, the auto show is the best place to visit. Rather than drive from dealer to dealer to see them, they're all here under one roof.

You can't test-drive them, of course, and you'll need to do that before you make your ultimate decision. But the auto show gives you a chance to compare numerous models and narrow down the list of vehicles you'll later take for a drive at the dealership.

First of all, figure out your requirements, and equally important, what you don't need. Many drivers overestimate and end up with a larger or pricier model than necessary. Do you really take enough people that you need a three-row SUV? Or if you insist a pickup truck must be sized to hold the traditional 4-by-8 sheet of plywood, how often do you buy building materials?

Take a pen and paper to the show, and have your phone handy. You'll be looking at a lot of models and it's not easy to remember which one had the features you liked or didn't. Make notes and take photos of each one.

Get behind the wheel. With your shoulder blades touching the seat back, you should be able to reach the steering wheel without being too close to it, and push every pedal right to the floor. You should also have full visibility through all the windows, and the seatbelt shouldn't cut into your neck (most can be adjusted where they're attached to the side pillar). When you're in the proper driving position, you should be able to easily reach all the controls.

Think about what you take cost one. It's than to add air to the lower-priced competitor equipped with it may cost less to buy a higher-

priced competitor equipped with it than to add air to the lower-

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# What's new in trucks

**OFF-ROAD UPGRADES**  
Lots of new features added to 2016 models

Jill McIntosh

Calgary isn't just an auto show. Here's a rundown of what you can expect to see and what's new in trucks:

**Ford's F-150** is essentially unchanged for 2016, but five all-new trucks will arrive later this year as 2017 models: The Super Duty and Raptor. As with the F-150, both will use an aluminum body and high-strength-steel frame. The Super Duty will feature gasoline and diesel engines, while the Raptor will use a turbocharged V6 engine that's more powerful and efficient than the V8 engine it replaces.

**General Motors** makes several exterior styling changes and adds some new features to its full-size Chevrolet Silverado and GMC Sierra. On select trim lines, the available 5.3-litre V8 now uses an eight-speed automatic transmission. The midsize Chevrolet Colorado and GMC Canyon can now be ordered with a 2.8-litre Duramax turbodiesel engine, in addition to a four-cylinder or V6 gasoline engine.

**Honda** recently presented the Canadian debut of its all-new 2017 Ridgeline. While it retains its unibody construction,

**Toyota** has an all-new Tacoma for 2016, with new styling, more capability, and an off-road package with crawl control. Its available, segment-first 3.5-litre V6 engine automatically adjusts its valve timing to a fuel-saving Atkinson cycle when full power isn't needed. The full-size Tundra gains a new TRD Pro Series off-road trim level, with exclusive remote reservoir suspension kit, dual exhaust, skid plate, 18-inch black alloy wheels, premium stereo, and unique TRD interior trim.

**Ram** undergoes some minor styling changes for 2016, including a new centre console, and unique grille styling on its two new trim levels, the Laramie Limited and Rebel. As before, the Ram 1500 offers an available 3.0-litre diesel engine in addition to gasoline choices.

**Toyota** has an all-new Tacoma for 2016, with new styling, more capability, and an off-road package with crawl control. Its available, segment-first 3.5-litre V6 engine automatically adjusts its valve timing to a fuel-saving Atkinson cycle when full power isn't needed. The full-size Tundra gains a new TRD Pro Series off-road trim level, with exclusive remote reservoir suspension kit, dual exhaust, skid plate, 18-inch black alloy wheels, premium stereo, and unique TRD interior trim.

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Ford Raptor, Ford



Honda Ridgeline, Jill McIntosh/For Metro

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# Mazda's SHIFT INTO SPRING EVENT

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GT model shown

2016 CX-3 GX  
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EXPLORE THE ROADS THIS SPRING WITH  
**NO CHARGE<sup>‡</sup> + 0% PURCHASE FINANCING**  
ON SELECT 2015/2016 MODELS



GT models shown

2016 Mazda3 G  
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STANDARD ON ALL 2015 AND 2016 MODELS.

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ZOOM-ZOOM

\*0% APR Purchase financing is available on select 2015/2016 Mazdas. Terms vary by model. Based on a representative agreement using an offered pricing of \$25,015 for the new 2016 CX-5 GX (NVXK66AA00), the cost of borrowing for a 48-month term is \$0, monthly payment is \$521 and total finance obligation is \$25,015. The charge navigation offer valid on purchase, finance or lease of select new and unused 2015 and 2016 Mazda models. Program is valid only on vehicles that are sold, registered and delivered between March 1 - 31, 2016. Note: In the event the selected model is pre-equipped with navigation, or selected model is not equipped for navigation, customer may substitute a cash discount of \$425 (\$705 for 2015 CX-9). Cash discount substitute applied before taxes. Some conditions apply. See dealer for complete details. Note: Navigation offer not available on 2015/2016 Mazdas models - cash discount substitute of \$425 can be applied. Based on a representative example using a finance price of \$23,146/\$24,741/\$17,478 for the 2016 CX-3 GX (NVXK66AA00)/2016 CX-5 GX (NVXK66AA00)/2016 Mazda3 G (D6K66AA00) at a rate of 2.99%/2.49%/2.49% APR, the cost of borrowing for an 84-month term is \$2,535/\$2,244/\$1,586. Weekly payment is \$71/\$74/\$52, total finance obligation is \$25,682/\$26,986/\$19,064. Taxes are extra and required at the time of purchase. All prices include block heater, 520 new tire charge, \$100 a/c charge where applicable, freight & PDI of \$1,095/\$1,095 for Mazda3/CX-3, CX-5. As shown, price for 2016 Mazda3 GT (D4TL66AA00)/2016 CX-3 GT (HXTK66AA00)/2016 CX-5 GT (NXTL66AA00) is \$27,678/\$31,746/\$37,538. PPSA, license, insurance, taxes, down payment for equivalent trade-in are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and finance on approved credit for qualified customers only. Offers valid March 1 - 31, 2016, while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details. To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca.



# Why aren't self-driving cars here yet?

TAKE THE WHEEL

Technology in the works, but checkpoints need to be met

Jill McIntosh

**For tractor-trailors**  
Freightliner is currently testing a self-driving tractor-trailer that would allow drivers to take a break on long, straight highway stretches.

**Since many people suffer from motion sickness, automakers are researching seat design, window size, and information screens to help prevent carsick when they're sitting in self-driving cars.**

the cars themselves, but in the law requires you to take over after a few seconds. They're impressive, but can only do so much. They don't know to stop for red lights, and they can't function if road markings are worn or covered with snow.

Navigation systems will have to be far more accurate than they are now. "We need all that to give the computer in the car the information to accurately plan its next manoeuvre, and know where it is and where it's heading."

Cars will have to communicate with infrastructure, as well as with each other, a technology known as Vehicle to Vehicle (V2V). While fixed structures such as traffic lights will only send signals to cars close by, V2V allows cars to pass messages down the line. If there's a traffic issue, for example, the message could be relayed by each car in turn, warning each car in the intended direction it has, or it could potentially slide past its intended destination all by itself.



Google's self-driving car is seen during a demonstration at the Google campus in Mountain View, Calif. The redefinition of "driver" is an important break for Google. TONY AVELAR/THE ASSOCIATED PRESS

other, a technology known as Vehicle to Vehicle (V2V). While fixed structures such as traffic lights will only send signals to cars close by, V2V allows cars to pass messages down the line. If there's a traffic issue, for example, the message could be relayed by each car in turn, warning each car in the intended direction it has, or it could potentially slide past its intended destination all by itself.

## How to improve fuel economy

- **Accelerate moderately.** Your vehicle uses the most fuel when moving from a stop, and punching the throttle requires even more. Smooth acceleration uses less fuel and helps reduce wear and tear on vehicle components.
- **Vision is important.** Always look ahead as far as you can, right to the horizon if possible. You'll see stopped or turning vehicles well in advance, potentially giving you the opportunity to smoothly change lanes and go around them, rather than stopping and starting again.
- **Un-junk the trunk.** Don't carry more than you need. It takes extra fuel to move that extra weight around. That includes snow, too: cleaning heavy accumulation off your car is not only safer but can help save fuel.
- **Stay smooth on the throttle.** If you're constantly on-the-gas, off-the-gas, on-the-gas when trying to maintain your speed, you're using a lot of that gas. You're also annoying your passengers.
- **Check your tire pressure.** Underinflated tires don't roll as easily, and they use more fuel. Check them at least once a month, using the recommended pressure inside the door jamb or in your owner's manual. Don't go by the number on the tire, which is the maximum pressure the tire can hold.



Change your driving habits to reduce fuel consumption. ISTOCK





# SUPER LAUNCH EVENT

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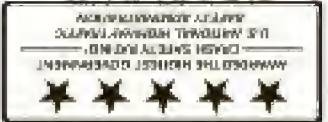


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This weekend's event features the latest models of sports cars, luxury vehicles, and trucks and SUVs. CONTRIBUTED

# Auto show rolls in

IN THE DRIVER'S SEAT

## Check out lots of makes and models before going to a dealer

### THE MAN VAN

As always, the Prostate Cancer Centre will have its Man Van at the show, sponsored by Jack Carter Chev. Men 40 and older can receive an on-the-spot baseline PSA blood test at the van, at no charge.

### Jill McIntosh

Whether you're in the market for a vehicle or just like to look around, there's something for you at the Calgary International Auto & Truck Show. Presented by the Calgary Motor Dealers Association, the five-day show is the place to see almost everything on wheels.

In addition to cars, trucks and SUVs from mainstream and premium brands, the show also features exotic models from manufacturers such as Ferrari, Lamborghini, Maserati, and Koenigsegg. With all models under one roof, the show is a great place

to comparison-shop. While you can't take any for test-drives, you can do the homework that many people don't get a chance to fully manage when they're at the dealer. Get into each vehicle you're considering, and see

if it's comfortable. Check to see if there's a place to put the things you take into your vehicle: Your coffee mug, purse or pack, or your phone. Try getting in and out of all the seating positions. This is especially important if you or your passengers have limited mobility, since it can be difficult for many people to get in if the sill is too wide, or if the door doesn't open wide enough.

If you have small children, check to see that you can reach all seating positions to buckle their seatbelts. Open the trunk or hatch to see if you can easily lift cargo in and out.

Take photos of the interiors so that you can compare them later, and pick up any brochures or information. From here, you can make up a short-list of possibilities, and then visit the dealerships later on for a test-drive.



### The gala event

On Tuesday, March 8, the Calgary Motor Dealers Association hosts the 16th annual Vehicles and Violins Gala. The gala is a fundraiser, with 100 per cent of money raised going to charity. This year, the event will benefit the Fresh Start Recovery Centre. The Alex Youth Services, and the Children's Cottage Society. For more information on admission, or to buy tickets for the gala's raffle to win a trip to Mexico, go to the site: [autoshowcalgary.com](http://autoshowcalgary.com).

### AUTO SHOW DETAILS



The show runs Wednesday, March 9 until Sunday, March 13 at the BMO Centre at Stampede Park, 20 Roundup Way.

- March 9: 3 p.m. – 10 p.m.
- March 10-12: 10 a.m. – 10 p.m.
- March 13: 10 a.m. – 6 p.m.

Tickets are \$10 for adults on weekdays and \$15 on weekends. Seniors (65+), ages, hotel stays, restaurant dinners, and show tickets.

is Universal Lincoln Ladies Night, which includes hourly draws for spa packages, hotel stays, restaurant dinners, and show tickets.

March 9, while March 10 is offered to seniors on online at [autoshowcalgary.com](http://autoshowcalgary.com). Discount admission To avoid lines, buy tickets family pass is \$38.

\$10, while children 10 and under are free when accompanied by an adult. A



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**Calgary International Auto & Truck Show • March 9-13 • BMO Centre at Stampede Park**



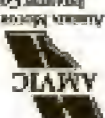
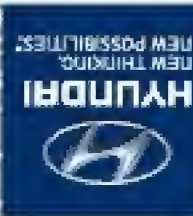
**INSIDE: What's in store for trucks in 2016, the evolution of luxury, and more**



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# LAUNCH EVENT

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